

Gal 4 E.E. a

THE LADIES CABINET

ENLARGED and
OPENED:

Containing, K. B. M.
Many Rare **SECRETS**, and Rich
ORNAMENTS of several kinds,
and different Uses.

Comprised

Under three General Heads.

- Viz {
of { 1. Preserving, Conserving, Candyng, &c
2. Physick and Chirurgery.
3. Cookery and Housewifery

Whereunto is added,
Sundry Experiments, and Choice Ex-
tractions of **Waters, Oyls, &c.**

Collected and practised,

By

The late Right Honourable and
Learned Chymist,

The Lord RUTHUEN.

The fourth Edit. with Additions;

AND

A particular Table to each Part.

LONDON, Printed for G. Bedel, and T. Collins,
at the *Abbeys Temple* Ch in Fleet-Street, 1667

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*To the Industrious Impro-
vers of Nature by Art; espe-
cially the vertuous Ladies
and Gentlemen
of this Land.*

Courteous Ladies, &c.



He first Edition of
this-(call it what you
please,) having recei-
ved a kind entertain-
ment from your Ladi-
ships hands, for reasons best known
to your selves, notwithstanding
the disorderly and confused
jumbling together of things of
different kinds; hath made me
who am not a little concerned

The Preface.

herein) to be-think my self of some way, how to encourage and requite your Ladships *Pains* and *Patience* (vertues, indeed, of absolute necessity in such brave employments; there being nothing excellent that is not withal difficult) in the profitable spending of your vacant minutes. For this purpose I resolved (at least) to smoothe your way a little, by bringing each particular to its proper head, or (since it's called A Cabinet) laying each Jewel in his peculiar box; and so having fitted it for readier use, to have sent it abroad again to salute your gentle hands the fourth time.

But hearing in the mean time of certain rare *Experiments*, & choise the extractions of Oils, Waters, &c. v

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The Preface.

the practice of a Noble hand, and of approved Abilities, (to testifie how ready I am to further ingenuous undertakings in this kind) I have with much pains, and some charges sought after, and at length happily purchased them for you. All which, with the addition of many other secrets of several kinds, (and I hope, of valuable concernment,) I have so incorporated together, if I may so say, and methodically digested, that they may be the more easily and profitably improved.

And lest any thing might yet be lacking on my part, I have caused somewhat like an alphabetical Table to be affixed to every part, by the help whereof you may quickly view the particulars of your Treasury

The Preface.

sure, and know where to find them at pleasure.

The whole Cabinet consisteth of three Divisions; in each whereof are contained many pleasant and precious pieces of different kinds, both for ornament and profit. In the first you shall find a delightful confectionary of Preserves, Conservees, Candies, Syrups and such like; and how to make and use them. In the second you may take notice of very many and rare Secrets in nature, belonging both to Physick and Chirurgery, not unworthy the knowledg and practise of most piercing spirits. And in the third are set down excellent patterns for the neatest Cooks, and good Housewives.

The

The Preface

The most stately of the three, that in the midst; the more delightful are set on each side: This like a magnificent palace, stands above them; these like places of pleasure stand about it: Here you may sport, there you may rest; These are for pomp, the other for safety. But lest I should be thought tedious to little purpose, or any way to endeavour to byasse your affections, or abridg your freedom, I shall thus leave you at liberty, as Lovers in Gardens, to follow your own fancies. Take what you like, and delight in your choice; and leave what you list to him, whose labour is not lost, if any thing please.

M. B.
The

The
Stationers to the
R E A D E R

BEsides the gracefulness and beauty of this beyond the former Impression of the Ladies Cabinet enlarged, in respect of the manner of its coming forth; there are moreover many profitable and delightful Directions added. Which as they are of severall kinds, according to the threefold division of the Book; So are they carefully inserted in their proper Parts and peculiar places suitable to its former Method. By the accession whereof we are again imboldned to send it forth into the World, and with greater confidence commend it to your further perusal.

Aug. 22. 1657.



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Experiments in Preserving, Conseruing, and Candying, &c.

PRESERVING.

I The best way to preserve Quinces white.

First, Pare and coar the Quinces,
and boil them in fair water till
they be very tender, not covering
them; then taking them out of
the water, take to every pound of
them, two pound of Sugar, and half a pint
of water, and boil it to a syrrup, scuming it
well; then put in some of the jelly
that is washed from the Quince kernels,
and after that, making it boil a little,
put in your Quinces, boil them very
fast, keeping the holes upwards, (as near

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as

as you can) for fear of breaking; and when they are so tender that you may thrust a rusk through them, take them off and put them up in your glasses, having first saved some sirrup till it be cold, to fill up your glasses.

2. A Special remembrance in doing them.

When you Preserve Quinces, or make Marmelade, take the Kernels out of the raw Quinces, & wash off the Jelly (that groweth about them) in fair water; Then strain the water and Jelly from the Kernels, through some fine Cobweb Lawn, put the same into the Marmelade or Preserved Quinces, when they are well scumed; But put not so much into your Quinces, as into the Marmelade, for it will Jelly the sirrup too much: Put six or seven spoonfuls of sirrup into the Jelly before you put it into the Marmelade; you must boyle your Quinces more for Marmelade, then to preserve your Quinces, and least of all when you make your clear cakes.

When you would preserve your Quinces white, you must not cover them in the boiling, and you must put half as much Sugar more for the white, as for the other. When you would have them red, you must cover them in the boiling.

3. To Preserve Barberies.

Choose the fairest bunches of Barberies you can get, pick off the withered & shrunk berries, and wash them clean; drying them in a
clean

clean cloth. Then take another good quantity of Barberies well picked, and boil them in Claret wine till they be soft, then strain them well through a strainer, rubbing or wringing them through : boil this liquor, so strained out, with Sugar, till it be very sweet and thick, and then let it stand till it be cold: Then put your bunches or branches of Barberies into gallipots or glasses, and fill them up with this liquor, and so shall you have both sirrup of Barberies, and preserved Barberies.

4 Another way to preserve Barberies.

First take the fairest Barberies, and of them the greatest bunches you can get, and with a needle take out the stones on the one side of them; then weigh out to every half pound of them, one pound of Sugar, put them into a preserving pan, strow the Sugar on them, and let them boil a quarter of an hour softly; then taking out the Barberies, let the sirrup boil a quarter of an hour more, then put in the Barberies again, and let them boil a pretty while with the sirrup, then take them from the sirrup, let them both stand till they be cold, and so put them up.

5 To preserve Black Cherries.

Take them as they come from the Tree, and cut off the stalk : for two pound of Cherries take one pound of Sugar, seeth it, and

clarifie it, and when it is half boyled, put in the Cherries, and let them seeth softly all together, until the Sugar may be drawn between the fingers, like small threads; when the broth is almost cold, put the Cherries in a pot with the stalks upward.

6 To preserve Pears.

Take pears new gathered from the tree, and sound, let them be pretty mellow, then take an Earthen pot, and lay in the bottom of it some dried vine leaves, and so lay pears and leaves until the pot be full, then filling the pot with old wine, lay some heavy thing on it, that the pears may not swim; you may also take whole ginger, and cut the same small, and firew it between each row.

7 To preserve Angellica Roots.

Take the roots, and wash them, then slicing them very thin, lay them in water three or four days, change the water dayly, put them in a pot of water, and set them in embers all night; then to a pound of roots, put two pound of Sugar and four pints of water, boyle it, and scum it clean; then put in the roots, then take them up and boyl the syrrup after.

8 To preserve Mulberries.

Take Mulberries, and put to them their weight of sugar, having wet your sugar with
some

Conserving and Candyng, &c. 5

some juice of Mulberries, then stir your Sugar together, and put in your Mulberries, then boil them till they are boiled enough, then take them off, & boil the syrrup a while, and put it into the Mulberries, and let them stand till they be cold.

9 *To preserve all kind of Flowers in the Spanish Candy in Wedges.*

Take Violets, Cowslips, or any other kind of flowers, pick them and temper them with the pap of two roasted apples, and a drop or two of Verjuice, and a grain of Musk; then take half a pound of fine hard sugar, boil it to the height of *Mannus Christi*, then mix them together, and pour it on a wet Pie-plate then cut it in Wedges before it be thorough cold, gild it, and so you may box it, and keep it all the year: It is a fine sort of banqueting stuff, and newly used. Your *Mannus Christi* must boil a good while, and be kept with good stirring.

10 *To preserve green Pippins.*

Take Pippins, pare them very thin, while they are green, then take ten smal green Pippins worse than the other, pare them and boil them in a pottle of water till they be all to pieces; then strain it from the coars, then take two pound of Sugar, and put it into the same liquor so strained, and set it on the fire, and so

6 *Experiments in Preserving,*

soon as it boileth, put in the Pippins you purpose to preserve, so let them boil leifurely till they be enough, and when they are preserved they will be green. In like sort you may preserve Quinces, Plums, Peaches, or Apricocks, if you take them green.

7 *To preserve Oranges and Lemmons.*

Take your Oranges or Lemmons, lay them in water three days and three nights to take away their bitterness, then boil them in fair water till they be tender, make as much sirrup for them as will make them swim about the Pan, let them not boil too long therein, for it will make the skins tough; then let them lie all night in the sirrup to make them take the sirrup; in the morning boil you sirrup to his thickness, & put them in Gallipots or Glasses, to keep all the year: And this is the best way to preserve Oranges, Lemmons or Citrons.

8 *To preserve Peaches.*

Heat water scalding hot first, then scald your Peaches till you may pull off the skin, which done, boil your Rose-water and sugar till it be somewhat thick: then put in your Peaches one by one, strowing the Sugar on them; and as the fire melteth it, cast on more four or five times, leting them boil with a soft fire till they be tender, keeping them covered

red as long as they seeth, then take them out, and put them up for use.

9 To preserve Medlars.

Take the fairest Medlars you can get, but let them not be too ripe; then set on fair water on the fire, and when it boileth, put in your Medlars, and let them boil till they be somewhat soft; then while they are hot, pill them, cut off their crowns, and take out their stones, take then to every pound of Medlars three quarters of a pound of Sugar, and a quarter of a pint of Rosewater, seethe your sirrup, scumming it clean, then put in your Medlars one by one, the stalks downward: when your sirrup is somewhat cool, then set them on the fire again, let them boil softly till the sirrup be enough, then put in a few Cloves and a little Cinamon, and so putting them up in pots, reserve them for your use.

10 The best way to preserve Goosberies.

Gather them with their stalks on, cut off their heads and stone them, then put them in scalding water, & let them stand therein covered a quarter of an hour: Then take their weight in Sugar finely beaten, and laying first a layer of Sugar, then one of your Goosberies in your preserving Skillet or Pan, till all be in, putting in for every pound of Goosberies, a spoonfull of fair water; set them on the

8 *Experiments in Preserving,*

embers till the Sugar be melted, then boil them up as fast as you can, till the syrrup be thick enough, and cold, and then put them up. This way serveth also for Raspices and for Mulberries.

15 *To preserve Damfins.*

Take the Damfins before they be full ripe, but new gathered off the tree; allow to every pound of them a pound of Sugar, put a little Rose-water to them, and set them in the bottom of your pan one by one, boil them with a soft fire, and as they seeth, strow your sugar upon them, and let them boil till the syrup is thick enough; then while the syrrup is yet warm, take the plumbs out, and put them in a Gallipot, syrrup and all.

16 *How to preserve Cherries.*

Take the Cherries when they be new gathered off the tree, being full ripe, put them to the bottom of your preserving pan, weighing to every pound of Cherries one pound of sugar, then throw some of the sugar upon the Cherries, and set them on a very quick fire, and as they boil, throw on the rest of the sugar, till the syrrup be thick enough; then take them out, and put them in a Gally-pot while they are warm. You may (if you will) put two or three spoonfuls of Rose-water to them.

17 To preserve Artichokes.

Heat water scalding hot first, then put in your Artichokes and scald them, and take away all the bottoms and leaves about them, then take Rose-water and sugar, and boil them alone a little while, and then put the Artichokes therein, and let them boil on a soft fire till they be tender enough; let them be covered all the time they boil: then take them out, and put them up for your use.

18 To preserve Roses or any other flowers.

Take one pound of Roses, three pound of sugar, one pint of Rose-water or more: make your syrrup first, and let it stand till it be cold, then take your Rose-leaves, having first clipt off all the white, put them in the cold syrrup, then cover them; set them on so soft a fire, that they may but simmer for two or three hours; then while they are hot, put them out into pots or glasses for your use.

19 The best way to preserve Apricocks.

Take the weight of your Apricocks (what quantitie soever you mind to use) in sugar finely beaten, pare and stone your Apricocks, and lay them in the sugar in your preserving Pan all night, and in the morning set them upon the embers till the sugar be all melted, and then let them stand and scald an hour:

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then take them off the fire, & let them stand in that sirrup two days, and then boil them softly, till they be tender and well coloured; and after that, when they are cold, put them up in glasses or pots, which you please.

20 *To preserve Bullasses as green as grass.*

Take your Bullasses as new gathered as you can; wipe them with a cloth, and prick them with a knife, & quaddle them in two waters close covered: then take a pound of clarified Sugar, and a pint of Apple-water, boil them well together (keeping them well scummed) unto a sirrup, and when your Bullasses are well dript from the water, put them into the sirrup, and warm them three or four times at the least; at the last warming, take them up and set them a dropping from the sirrup, and boil the sirrup a little by it self, till it come to a Jelly, and then between hot and cold, put them up to keep for all the year.

21 *To preserve green Walnuts.*

Take Walnuts, and boil them till the water do tast bitter; then take them off, and put them in cold water, and pill off the bark, and weigh as much sugar as they weigh, and a little more water then will wet the Sugar; set them on a fire, and when they boil up, take them off, and let them stand two days, and boil them again once more.

22 To preserve Pomecitrons.

Of your Pomecitrons take one pound and a half, and cut them some in halves, some in quarters, and take the meat out of them, and boil them tender in fair water: then take two pound of clarified Sugar, and make Sirrup for them, and let them boil in Sirrup a quarter of an hour very gently: then take them up, and let your Sirrup boil till it be thick, and then put it into your Pomecitrons, and you may keep them all the year. If you please you may pare some of them; for some delight to have them in the skin, and some pared.

23 To preserve Eringo Roots.

Take Eringo Roots, fair and not knotty, one pound, and wash them clean; and when they be washed, set them on the fire and boil them very tender; pill off their outermost skin, but see you break them not as you pare them; put them into cold water, and let them all remain there till all be finished; and then you must take to every pound of Roots, three quarters of a pound of clarified sugar, and boil it almost to the height of a Sirrup, and then put in your Roots; but look that they boil very gently together (with as little stirring as may be, lest they break) untill they be enough: and when they be cold, put them up and keep them.

24 To

24 *To preserve Raspices.*

Take of your fairest and well-coloured Raspices, and pick off their stalks very clean, then wash them, but in any wise bruise them not: then weigh them, and to every pound of Raspices you must take six ounces of hard sugar, and six ounces of sugar-candy, and clarify it with half a pint of fair water, and four ounces of juice of Raspices: being clarified, boil it to a weak syrrup, and then put in your Raspices, stirring them up and down, and so let them boil till they be enough; which to know, you must take some of the syrrup with one Raspice, and let it cool, & if it will scarce run out, it is enough; and being cold, you may put them up and keep them all the year.

25 *To preserve Enula Campana Roots.*

Take of your *Enula Campana* Roots, and wash them, scrape them very clean, and cut them thin to the pith, the length of your little finger; and as you cut them, put them in water, and let them lie in water thirty daies, shifting them twice every day, to take away the bitterness; weigh them, and to every pound of roots, take twelve ounces of clarified sugar, first boiling the roots as tender as a chicken, & then put them into the clarified sugar, and let them boil upon a gentle fire until they be enough; and let them stand off the fire a good while,

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while, betwixt hot and cold put them up for your use.

26 Confect of Nutmegs.

Take the largest, and best Nutmegs, and steep them in Lee made of wood-ashes, until they be mellow, and soft, pour away the Lee, and peel off the uppermost gray skin, pour fresh water on them to take away the sharpness of the Lee; then dry them in the bottom of a sieve: then make a fyrrup of sugar well decocted, and pour it luke-warm on them, and seeth the same again, that the fyrrup may continue thick.

27 Conserve of Prunes.

Take of the best Damask Prunes, cut them open, and pluck out the stones, seeth them in a pot, and having strain'd them through a strainer, seeth them again to a pap. But if you would preserve them, then pour clarified honey upon them, stirring it always well about.

28 Conserve of Rosemary.

Take Rosemary flowers, gathered either in Spring or Harvest, after you have pounded them to pap, take three parts of Sugar to one part of these flowers, pound them all together, and set them in the Sun.

29 Conserve of Pomegranates.

Take Pomgranates, & when you have prest
out

14 *Experiments in Preserving,*

out the juice, put it on a silver plate, and dry it on some warm cinders, seeth it in sugar untill the plum appear, and when it is well sod, take it off the fire, then put your juice in it, and take out your Conserve.

30. *To conserve Cowslips.*

Gather your flowers in the midst of the day, when all dew is off them: cut off all the white leaving none but the yellow blossomes of them: so picked and cut, before they wither, weigh out ten ounces, taking to every ten ounces of them (or greater proportions, if you please) eight ounces of the best refined sugar in fine powder: put the sugar into a pan: and candy it with as little water as you can: then taking it off the fire, put in your flowers by little and little, never ceasing to stir them till they be dry and enough: then put them into glasses or gally-pots, and keep them dry for your use. These are rather candied, then conserved Cowslips.

31 *A Conserve of Roses.*

Take red Rose buds, clip all the white, bruised & withered from them; then weigh them out, & taking to every pound of Roses, three pound of sugar; stamp the Roses by themselves very small, putting a little juice of Lemmons or Rosewater to them, as they wax dry; when you see the Roses small enough, put the sugar

Conserving and Candyng, &c. 15

to them, and beat them together till they be well mingled; then put it up in gally-pots or glasses. In like sort are the Conserves of flowers of Violets, Cowslips, Marigolds, Sage, and Scabions, made.

32 *The use of Conserve of Violets
and Cowslips.*

That of Cowslips doth marvellously strengthen the brain, preserves against madness, against the decay of memory, stoppeth head-ach, and most infirmities thereof. For Violets, it hath the same use that the Sirrup hath. *Vide among Sirrups.*

33 *The use of Conserve of Marigolds.*

Conserve of Marigolds taken fasting in the morning, is good for Melancholly, cureth the trembling and shaking of the heart, is good to be used against the Plague, and corruption of the air.

34 *Of Sage flowers.*

It preserveth against Melancholly, doth dry and comfort the stomach, cureth an old cough, and openeth the stopping of the liver.

35. *Scabious flowers.*

These cleanse the brest and lungs, take away old coughs, imposthumes of the brest, and all inward parts. *Probatum.*

36 Conserve of Barberries

Take your Barberries, pick them clean in fair branches, and wash them clean, and dry them on a cloth: then take some other Barberries and boil them in claret wine, till they be very soft; then strain them, and rub them so well through the strainer, that you may know the substance of them; and boil up this matter thus strained out, till it be very sweet, and somewhat thick; then setting it by till it be cold, and then put your branches of barberries into Gallipots or Glasses, and fill it up with the cold fyrrup, and so shall you have both fyrrup and also barberries to use at your pleasure.

37 The Cordial Conserve.

Take the Flowers of Rosemary, Bugloss & Bourage well pick'd, the flowers of Clove Gilliflowers, Pauncies, Violets, Cowslips, Red Roses, Damask Roses, and Marigolds clipt from their white, of each two ounces; put to every of them three ounces of sugar, very finely beaten and searced, and stamp them all together to a Conserve, and keep it in a Gallipot. When you would use it, take the quantity of a small Walnut every morning fasting.

38 To make Muskadine Comfits.

Take four ounces of double refined sugar finely beaten and searced, put thereto two grains

grains of Musk, a penny-weight of Orris root in powder, beat it to perfect fine paste, then roll it as thin as paper, and cut it like to Diamonds with your knife, as with a fine jagged Rowel cutter; so dry them in your Stove, and keep them.

39 To make black Clove Comfits

Take two ounces of Cloves dried in a dish in an Oven, beat them to very fine powder; then take four ounces of sugar finely beaten and searced; add to that two or three Dates stones burned, and made into fine powder (which bringeth your paste to the blackness) mix with all these Gumm-dragon steeped in Rose-water, beat it up into a Comfit paste, roll it in long small Rolls, and with a knife cross-cut them at one end like a Clove blossom, so stove them, and serve them. This is an excellent Comfit, it will taste like a Clove, and eat pleasantly.

40 To candy all kinds of Flowers as they grow with their stalks on.

Take the Flowers, cut the stalks somewhat short, then take one pound of the whitest and hardest sugar you can get, put to it eight spoonfuls of Rose-water, and boil it till it will roul between your finger & your thumb, then take it from the fire, cool it with a stick, and as it waxeth cold, dip in all your Flowers, and
taking

taking them out again suddenly, lay them one by one on the bottom of a sieve; then turn a joyned stool with the feet upward, set the sieve on the feet thereof, cover it with a fair linnen cloth, & set a Chafingdish of coals in the midst of the stool, underneath the sieve, and the heat thereof will run up to the sieve, and dry your Candy presently; then box them up, and they will keep all the year, and look very pleasantly.

41 *To make the Rock-Candies upon all
Spices, Flowers and Roots.*

Take two pound of Barbary sugar, clarify it with a pint of water, and the whites of 2 eggs, then hoil it in a posnet to the height of *Manna Christi*, then put it into an earthen Pipkin, and therewith the things you will candy, as Cinamon, Ginger, Nutmegs, Rosebuds, Marigolds, Eringo roots, &c. Cover it, and stop it close with clay or paste; then put it in a Still with a leisurely fire under it, for the space of three days, and three nights; then open the pot, and if the Candy begin to coin, keep it unstopped for the space of three or four days more, and then (leaving the firrup) take out the Candy, lay it on a Wier grate, and put it in an Oven after the bread is drawn, there let it remain one night, & your Candy will be dry. This is the best way for Rock-candy, making so small a quantity.

42. *The*

42 *The Candy-Sucket for green-Ginger,
Lettice, flowers, &c.*

Whatsoever you have preserved, either herbs, fruits or flowers, take them out of the sirrup, and wash them in warm water, and dry them well: then boil sugar to the height of candy for flowers, and draw them through it; then lay them on the bottom of a sieve, dry them before the fire, & when they are enough, box them for your use. This is that the Comfit-makers use, and call Sucket-Candy.

43 *The Candy-Ginger.*

Take very fair and large Ginger, and pare it, and then lay it in water a day and a night; then take your double refined sugar, and boil it to the height of sugar again: then when your sugar beginneth to be cold, take your Ginger, and stir it well about till your sugar is hard to the pan; then take it out race by race, and lay it by the fire four hours, then take a pot and warm it, and put the Ginger in it, then tie it very close, and every second morning stir it about roundly, and it will be rock-candied in a very short space.

44 *To Candy Eringo Roots.*

Take of your Eringo Roots ready to be preserved, and weigh them, & to every pound of your roots you must take of the purest sugar
you

you can get two pound, and clarifie it with the whites of Eggs exceeding well, that it may be as clear as Chrystal; for then it will be very commendable: it being clarified, you must boyl it to the height of *Mannus Christi*, and then dip in your roots, two or three at once, till they be all candyed; and so put them in a stove, and keep them all the year.

45 *To make Quince Cakes.*

Prepare your Quinces, and take the just weight of them in sugar, beaten finely and searcing half of it, then of the rest make a syrrup, using the ordinary proportion of a pint of water to a pound of sugar: Let y our quinces be well beaten, and when the syrrup is Candy height, put in your quinces, and boil it to a past, keeping it with continual stirring; then work it up with the beaten sugar which you reserved, and these Cakes will taste well of the quinces.

46 *Cleer Cakes of Quinces or Apricocks.*

Take of the best sugar finely beaten and searced, one pound to a pound of Quinces or Apricocks: set your sugar upon a chafing dish of coles, and dry it about half an hour; then cooling it, stir into it a little Musk and Amber-greece, finely beaten and powdered: then pare your Quinces, &c. and boyl them in fair water whole, till they be tender (and not
cover-

covering them) for so they will be white :
Then take them and scrape off all the Quince
to the coar into a silver dish, and boil it ther-
in till it grow dry, which you shall perceive
by the rising of it up : when it is thus well
dried, take it off, let it cool, and strow on the
sugar, setting some other to firew it till it be
all thorowly wrought in ; then lay it out on
Glasses, Plates, or Prints (of flowers or Let-
ters) an inch thick or less, as you please.

47 To dry Apricocks.

Take them when they are ripe, stone them,
and pare off their rinds very thin, then take
half as much sugar as they weigh, finely bea-
ten, and lay them with that sugar into a silver
or earthen dish, laying first a lay of sugar, then
of the fruit, and let them stand so all night,
and in the morning the sugar will be all mel-
ted; then put them in a skillet, and boyl them
apace, scuming them well; and as soon as they
grow tender, take them from the fire, and let
them stand two dayes in the syrrup; then
take them out, and lay them on a fine plate,
and so dry them in a stove.

48 The best way to dry Plumbs.

Take your Plumbs when they are full grown
(with the stalks on them) but yet green; split
them on the one side, and put them in hot
water (but not too hot) and so let them stand
three

three or four hours : then to a pound of them take 3 quarters of a pound of Sugar, beaten very fine, and 8 spoonfuls of water to every pound : set them on hot embers till the sugar be melted, and after that, boil them till they be very tender, letting them stand in that sirrup three days to plump them : Then take them out, wash the sirrup from them in warm water, and wipe them with a fine linnen cloth very dry, and lay them on plates, and set them to dry in a Stove ; for if you dry them in an Oven, they will be tough.

49 To dry Pippins.

Take half a pound of powder-sugar, boil it to a sirrup in a pint of fair water, and clarify it with the white of an egg, then strain it through a linnen cloth, and set it on the fire again in another clean skillet : while this is doing, pare eight Pippins, cut them in halves and coar them, putting in every half into the sirrup as you pare them : and so let them boil (still scumming them) till the sirrup be almost all wasted away, within three or four spoonfuls : then take out the Pippins, lay them on plates, and dry them in a Stove.

30 A way to dry Cherries.

Take three quarters of a pound of Sugar, and a pound of good Cherries, their stalks & stones taken from them ; then put a spoonfull

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full of clean water in the skillet, and so lay one lay of Cherries, and another of sugar, till your quantity be out: then set them on the fire, and boil them as fast as conveniently you can, now and then shaking them about in the skillet for fear of burning: and when you think they are enough and clear, then take them off the fire, and let them stand till they be half cold, then take them out as cleer from the sirrups as you can, & lay them one by one upon sheets of Glass, setting them either abroad in the Sun, or in a window where the Sun may be continually upon them. If they dry not so fast as you would have them, then in the turning, scrape some loaf sugar finely upon them; but add no greater heat then the Sun will afford, which will be sufficient, if they be well tended: and let no dew fall on them by any means, but in the evenings set them into some warm cupboard.

51. *How to keep Apples, Pears, Quinces, Wardens, &c. all the year dry.*

Pare them, take out the coars, & slice them in thin slices, laying them to dry in the Sun in some stone or metalline dishes, or upon an high frame covered with course Canvas, now and then turning them, and so they will keep all the year.

52. *How to dry fruits in the Sun.*

If it be smal fruits, you must dry them whole
by

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by laying them abroad in the hot Sun in stone or pewter dishes, or iron or brass pans, turning them as need requires.

53 *To make Quiddony of Cherries.*

Take your Cherries while they are red at the stone, pull out the stones, and boil them till they be broken, then strain them through a very clean strainer, and take the matter strained forth, boil it again, and giving it in the boiling as much sugar as is sufficient, when you think it thick enough, put it into your boxes.

54 *To make printed Quiddony of Quinces.*

Take two pounds of Quinces, pared, coared, and cut in small pieces; put them into a clean posnet with a quart of fair water, and when they are boiled tender, put into them one pound of sugar clarified, with half a pint of fair water: let them boil till all the Fruit fall to the bottom of the Posnet, then let the liquid substance run through a fair linnen cloth into a clean bason: then put it into a posnet, and boil it till it come to a jelly, then print it in your moulds, and turn it into your boxes: you shall know when it is ready to print, by rouling it on the back of a spoon.

55 *To make Quiddony of Pippins.*

Take two pound of Pippins, pare, coar and quarter them, and put them into a quart of
fair

fair water, boil them till they begin to break, then put in a pound of Brasile-sugar clarified with half a pint of water, and the white of an egg, boil them thin, till the fruit fall to the bottom, then take it up, draw all the liquid substance from it, as in your Quinces, and boil it in a posnet till it come into a Jelly, trie it on the back of a spoon, and when it is ready to print, put it into your moulds, and when it is cold, turn it off upon wet Trenchers, and put it into boxes.

56. To make Quidony of Raspices.

Take a quart of red Raspices, put them into a wooden dish, with three spoonfuls of fair water; bruise them all to pieces with a spoon or a rolling-pin, then strain them through a cloth into a fair dish; season it with half a pound of Sugar finely beaten, boil it on a Chafingdish of coals, stirring it till it come to a Jelly; your trial is on the back of a spoon, as in all other Jellies; and when it is ready for the print, print it, and it will be a very orient colour: you must not put too much water to the Raspices, for they will not abide too much boiling, for losing their colour.

57. Colours for Fruitage.

Saffron is the best yellow; Sap-green the best green; Indian-Lake the best red.

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All your colours must be tempered with Gum-water made of Rose-water.

58. *To make all kind of turned work in
Fruitage, hollow.*

Take the strongest bodied sugar you can get, boil it to the height of *Manus Christi*, then take your stone (or rather Pewter) Moulds, being made in three pieces, tie the two great pieces together with inkle, then pour in your sugar being highly boiled; turn it round about your head apace, and so your fruitage will be hollow, whether it be Orange, Lemmon, or whatsoever your mould doth cast: after they be cast, you must colour them after their natural colours.

59. *To make Dia Citonicum (as it is called)
but rightly Dia Cydonium.*

Take four or five very fair Quinces, pare them, quarter them, coar them, and boil them in a Pipkin, with a pint of fair water; when they are tender, put to them half a pint of red wine vinegar, & one pound of sugar; let them boil an hour after it, and then let the sirrup & all run thorow a strainer into a fair posnet, & let it there boil, till it come to a Jelly as thick as Quidony, then put it up into a glass or gallipot: this is a most special Cordial, and comfortable matter for a sick body.

60. *To*

60 To cast all kind of Sugar works
into Molds.

Take one pound of Barbary sugar, clarifie it with the white of an egg, boil it till it rowl between your finger and thumb, then cast it into your standing Molds, being watered two hours before in cold water; take it out, and gild them, to garnish a March-pane with them at your pleasure.

61. The names and use of your Sugars:

Refined sugar, hard and white, is best for paste of Genoa, and to cast all kind of Sugar-works.

Barbary sugar is best to preserve withall.

Brasile sugar white and dry, is best to make Quidony.

62. The names and prices of Gummes
for Sugar-works.

Gumme dragon	} the ounce {	_____	iiii d
Red Rosset		_____	--i d
Sap green		_____	--ii d
Indian Lake two peny weight		_____	iii d
Fine gold the book		_____	xvi d

Buy your Gold at the Gold-beaters; your Gummes and your colours at the Talbot in Newgate-Market.

63. To make Fumbols.

Of Almonds being beaten to Paste, take half a pound, with a short cake being grated, and two eggs, two ounces of Carraway seeds being beaten, and the juice of a Lemmon; and being brought into a Paste, roul it into round strings, then cast it into knots, and so bake it in an Oven; and when they are baked, ice them with Rose-water and Sugar, and the white of an egg, being beaten together; then take a feather and gild them, then put them again into the Oven, and let them stand in a little while, and they will be iced clean over with a white ice; and so box them up, and you may keep them all the year.

64. To make Paste of Carrots.

Take Carrot-roots, boil them, take out of the pith one pound, paring off all the outside, beat the pith in a Mortar, with half a pint of Rose-water; then take one pound of Sugar finely beaten, and the yolks of sixteen eggs, beat them with the Carrots all together, then put it in a dish, and dry it; and being thus made into Paste, put it to what use, or in what fashion you like best.

65: To make the Macaroones.

Blanch a pound of the best Almonds, and put them in fair cold water as you blanch them,

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them, & dry them out of the water in a clean cloth, and beat them in a mortar: then take a sawcer full of Rose-water, wherein of musk and Ambergreece half a grain of each is dissolved, and therewith still sprinkle the Almonds as you beat them; and when they are almost beaten enough, put in by degrees a pound of fine sugar very small beaten, & feared, all but two or three spoonful: when they are beaten enough, put them into a dish, and take the whites of three eggs very wel beaten, the froth taken off, put the clear thereof to the Almonds, with a spoonful of fine flower, and the two or three spoonfuls of sugar you left, and the rest of the Rose-water, with the musk and ambergreece dissolved in it; mix all these very well together in the dish, and lay them upon March-pane Paper, the bigness and fashion of an egg, laying them rough and high: Then put some other papers under your wafer-paper, for fear of burning; and bake it in an oven hot enough to bake a light oven-Pudding, having a care that they scald not.

66. To make Paste of Almonds.

Take a pound of small Almonds, blanch them out of hot water into cold, then dry them with a cloth, & beat thē in a stone mortar til they come to a paste, putting now & thē a spoonful of Rose-water to them to keep thē

30 *Experiments in Preserving,*

from olying; when they are beaten to fine Paste, take half a pound of Sugar finely beaten and searced, put it to your Paste, and beat it till it will twist between your fingers & your thumb finely without knots, for then it is enough: then make thereof Pies, Birds, Fruits, Flowers, or any pretty things printed with Moulds, and so gild them, and put them into your Stove, and use them at your pleasure.

67. *To make a March-pane.*

Take two pound of small Almonds, blanch them, and beat them as you do for your Paste of Almonds: then drive it into a sheet of Paste, and spread it on a bottom of Waters, according to the proportion or bigness you please; then set an edge round about it, as you do about a Tart, and pinch it if you will: then bake it in a Pan or Oven; when it is enough, take it forth, and ice it with an ice made of Rose-water and Sugar, as thick as Batter, spread it on with a brush of Bristles, or with Feathers, and put it in the Oven again, and when you see the ice rise white and dry, take it forth and stick long Comfits in it, and set up a standard in the midst of it, so gild it, and serve it.

68. *To make Paste of Violets, or any kind of Flowers.*

Take your flowers, pick them, and stamp them

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them in an Alabaſter Mortar, then ſteep them two hours in a Sawcer of Roſe-water, after ſtrain it, and ſteep a little Gumme Dragon in the ſame water; then beat it to paſſe, print it in your Molds, and it will be of the very colour and taſte of the Flowers; then gild them, and ſo you may have every Flower in his own colour and taſte; better for the mouth then any painted colours.

69. To make the white-Paſte-Royal.

Take half a pound of white Barbary ſugar, finely beaten and ſearced, put it into an Alabaſter Mortar, and therewith a little Gumme Dragon ſteeped in Roſe-water; beat it by little and little till it come to a Paſte; when you have beaten it unto a perfect fine paſte, print it with your molds and gild it, and dry it in your ſtove, ſet them on white papers, and dry them on a hand-peel before the fire, & when they be through dry, box them, and keep them for your pleaſure.

70. To make a red-Paſte-Royal.

Take half a pound of Barbary ſugar, finely beaten and ſearced, put it into a ſtone mortar, with a quarter of an ounce of Gumme Dragon ſteeped in Roſe-water; then ſtrowing a little powder *de Roſita* on it, beat it to a perfect paſte, then print it, gild it, ſtove it, or otherwiſe dry it, and keep it at your pleaſure.

71. *To make the Paste-Royal in Spices.*

Take four ounces of double refined sugar beaten and searced, put thereto one ounce of searced Cinnamon, beat it in a stone mortar to paste, then print it with your moulds, and turn some upon sticks to make them shew like Gummes; they be called in Confectionary, Cinnamon-sticks, or Canalonians; then gild them, and put them into your stove, but draw not out the sticks till they be dry, for else they will shrink.

72. *To make Paste of Pippins.*

Take twenty fair smooth skin'd Pippins, pare them and cut them into quarters, and core them: then boil them in a quart of fair water till they be tender; then powring the liquor from them, strain them and dry them on a Chafingdish full of coals, and put as much sugar to them as they weigh, then boil them to the height of *Munus Christi*, and fashion some like plumms, some like leaves, so stove them; when they are stoved one night, you may put two halves of the plumms together, and put a stone between them, and prick a stalk in the end, so may you make some like plumms with stones and stalks, some with leaves: (I suppose it should be like leaves) for the Pippin is the best fruit to counterfeit any Plumm.

73 *To*

73. *To make Paste of Genua.*

Take of Quinces two pound, & two pound of Peaches, bake them in a pot in the Oven, then pulp them thorow a hair sieve, dry them on a Chafingdish of coals; then take two pound of sugar, boil it to the height of *Manus Christi*, and put it to your dried pulp, make it to the fashion of great water-leaves, put them into an Oven after the bread is drawn, let it stand all night, in the morning warm the Oven again, and turn your Paste, and put it in again; after that, for the space of three or four days, set a chafingdish of coals into the oven to it, and when it is thorow dry, box it, and keep it all the year.

74. *To make Paste of Lemmons.*

Take half a dozen of thick-rined Lemmons, cut them through the midst, and boil them tender in fair water, then stamp them in a mortar, strain the juice or pulp from them, and dry it and put sugar to it, as to the Paste of Genua; then make it into what fashion you will on a sheet of white Paper, dry it in an oven, and turn it often for two days and two nights, for in that time it will dry enough: box it thus up, and it will endure all the year.

75. *To make Paste of Regia.*

Take half a pound of Almonds, blanch them, and beat them into fine paste, then take half a pound of *Pistacius*, beat it among the Almonds; take the brawn of a Capon, mince it very small, & beat it with the Almonds & *Pistacius*, put it into the flesh of two Partridges, a dozen of Cock-Sparrows, all which flesh must be well roasted before you take it from the bones; put therinto also half a pound of Dates thin sliced. a quarter of a pound of the four cold seeds, a quarter of a pound of sugar-candy: beat all these together in a mortar till it come to be Paste, with the yolks of two new-laid eggs, & two or three spoonfuls of Rose-water; then take it up in little Cakes, and bake them on papers; this is an especial Paste to preserve against the consumption, and to restore him that hath it.

76. *How to make Paste of Gooseberries, or Barberries, or English Currans.*

Take any of these tender fruits, and boil them softly on a chafingdish of coals, then strain them with the pap of a rotten apple, then take as much sugar as it weighs, & boil it to a candy height, with as much Rose-water as wil melt the sugar, then put in the pap of your fruit.

fruit into the hot sugar, & let it boil leifurely till you see it reasonable stiff, almost as thick. as for Marmelade, then fashon it on a sheet of glafs, and so put it into the Oven upon two billets, that the glafs may not touch the bottom of the Oven, (for if it do, it will make the Paste tough) and so let it dry leifurely; & when it is dry, you may box it, and keep it all the year.

77. *To make an excellent Marmelade.*

Of sugar take a pound and a half, boil it with a pint of fair water till it come to the height of *Manus Christi*, then take three or four small Quinces, one good orange pill, both very well preserv'd & finely beaten, & three ounces of Almonds blanch'd and beaten by themselves, Erringo roots preserv'd two ounces and an half; stir these with the sugar till it will not stick, and then at last put in of Musk and Amber dissolved in Rose-water, of each four grains, of Cinnamon, Ginger, Cloves and Mace, of each three drams, of oyl of Cinnamon two drops. These being done, put it into your Marmelade boxes, and so present it to whom you please.

78. *Marmelade of Quinces.*

Take of the fairest Quinces, wash them very clean, grate them very small, wring out as much juice as you can, then take other Quinces

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ces, and cut them in six pieces, put them into a pot, let them be vapoured with hot water, until they be thoroughly mellow; then take half a pot full of the former juice, and pour it upon the former, stew'd and cut pieces, break it well together, and put the rest of the juice amongst it, wring it through a thin cloath, until it be clean: of this juice shall you not seeth more at once, then to fill a box therewith, and put white sugar unto it, as much as you please.

79. *To make Marmelade of Lemmons and Oranges.*

Boil ten Lemmons or Oranges with half a dozen Pippins, and so draw them thorow a strainer; then take so much sugar as the pulp will weigh, and boil it as you do Marmelade of Quinces, and then box it up.

80. *To make Almond-Bisket.*

Steep one pound of Almonds so long in cold water, till they will blanch, then put them in Rose-water, and beat them in so much Rose-water as will keep them from growing to an oyl, and no more: take one pound of sugar beaten very finely, & sifted through a searce: take the whites of six eggs, beat them to a froth, as you use to do for other Bisket, with a spoonful of fine flower: set the Almonds and sugar on a soft charcoal-fire, let them

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them boil together till they be very thick, & so let them stand till they be almost cold, then beat the eggs and that together, put in a little Musk for the better taste, if you please, then lay them upon Papers in what proportion you will, and dry them in an Oven with a slack fire.

81. *How to make the fine Bisket-Bread.
called in some places, Norf-cakes,
and commonly Diet-Bread.*

Take half a peck of Wheat-flower, half a pound of sugar beaten in fine powder, a good handful of Annis-seeds rubbed, dusted, and made in fine powder, a competent spoonful of Salt, one pound and a half of Butter: mix all these (thus prepared) together: Then take a Porringer full of light Ale-yeast, and as much of good sweet Cream, made luke-warm, or somewhat hotter: but first take heed your yeast be sweet, then take the yolks of six eggs; work all these together into Dough, then lay it warm to rise, while the oven is heating: mould them into what form you will, but let not the rols in dough be bigger then your little finger: then put them into the oven well & clean swept, but not too hot, for a little heat will bake them; when they are baked, let them stand till the oven be little more then luke-warm, and then take them

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them out till they be thorow cold, & put them in again to dry, the space of an hour or more; so may you keep them half a year, or longer; and if they chance through moist standing, or weather, to wax soft, give them a drying for an hour in an Oven, that hath stood an hour after a batch of Bread.

82. *The best receipt for Bisket Bread.*

Take all theyolks, and half the whites of sixteen eggs, beat them well together, then put to them a pound of the finest wheat-flower, as much of the best loaf-sugar, very finely beaten and searced, with a quarter of a pint of Rose-water & half a quarter of a pint of Sack, (if you please) beating them thus compounded together about two hours very well, then strowing upon it two spoonfuls of Coriander-seeds, and as much Annis-feed finely beaten, and then working them well into Paste, bake it in boxes or upon plates well butter'd, keeping a little Sugar in a piece of Cobweb Lawn, to searce upon it, and ice it. If you make it for some Physicall use, then use the Sack, and put in a quarter of a pound of Annis-feed, and as much Liquorice beaten into fine powder.

83. *How to make Comfit makers Biskets.*

Of flower take a peck, & four ounces of Coriander seed, one ounce of anis seeds; take three
eggs

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eggs, three spoonfuls of Ale yest, and as much warm water as will make it as thick as paste for Manchets; make it in a long rowl, and bake it in an oven one hour, and when it is a day old part it, & slice it, sugar it with searced sugar, and put it again in the oven, and when it is dry, take it out, and new sugar it again, and box it and keep it.

84. *To make Manus Christi.*

Of refined sugar take half a pound, and some Rose-water, & boil them together til it come to a sugar again; then stir it about while it be somewhat cold; then take your leaf-gold and mingle with it; then cast it according to Art, that is round gobbets, and so keep them,

85. *The Sirrups of Violets.*

Take fair water, boil it, scumme it, and to every ounce of it so boiled and scummed, take six ounces of the blew of Violets onely; shift them as before, nine times, and the last time take nine ounces of Violets, let them stand between times of shifting twelve hours: keeping the liquor still at hot embers, that it may be milk-warm, and no warmer, after the first shifting, you must stamp and strain your last nine ounces of Violets, and put in onely the juice of them; then take to every pint of this liquor thus prepared, one pound of sugar finely

ly beaten, boil it, and keep it with stirring till the sugar be all melted, which if you can, let it be done before it boil, and then boil it up with a quick fire. This doth cool and open in a burning Agüe, being dissolved in Almond-milk, and taken: especially it is good for any inflammation in children; the conserves are of the same effect.

86. *Syrup of Century.*

Take flowers and green leaves of Century, and boil them in a good quantity of fair water, being first boiled, and well scummed before the Century come in: when you think it boiled enough, set it upon hot embers for twelve hours, shifting it again and again, till you think it be strong enough of the Century; then take to every pint of the liquor thus boiled, a pound of sugar, and so boil it up. It cleanseth the stomach, killeth Worms, Agues, and the green sickness: it must be taken in the morning with Mace-Ale.

87. *Syrup Gresta, or Syrup of unripe Grapes.*

Take a good Basket-full of unripe Grape set them three days in a vessel after they be gathered, stamp them, and strain out the juice of them, take thereof six quarts, boil it with a soft fire, till the third part be consumed, then four quarts will remain: Let that run
through

through a Wollen-bag, and stand till it be clear in it self, then take of the clearest of it seven pints, put thereto five pound of clarified sugar; boil them together to the thickness of a syrrop, and keep it in a glass. It is good for a perbreaking stomack, proceeding of Choler, and for a swelling stomack; it taketh away thirst and driness, and Cholerick Agues. It is a great comfort to the stomack of women being with child; it is a preservative against all manner of venom, and against the Pestilence.

88. *Syrrop of Roses.*

Take Damask-Roses, clip off the white of them, and taste six ounces of them to every pint of fair water, first well boiled and scummed: let them stand so as above-said, twelve hours, as you did in the syrrop of Violets; wringing out the Roses, and putting in new eight times, then wringing out the last, put in only the juice of four ounces of Roses: so make it up as before. If you will put in Rubarb, take to every pint two drams, slice it, string it on a thred, hang it within the pot after the first shifting, and let it infuse within your Roses. Some use to boil the Rubarb in the syrrop, but it is dangerous. This syrrop purgeth Choler and Melancholy.

89. *Syrrop*

89. *Syrup of Wormwood.*

Take half a pound of Wormwood-leaves, of red Roses two ounces, of Spikenard three drams, of old and well-relished white wine two ounces, juice of Quinces two pound and a half. Let them stand a day and a night in a stone pot, then let them boil softly to the one half, so let it cool, strain it, and clarify it with the white of an egg: then put to it two pound of good English honey, and let them boil a little together; then strain out the liquor, and with sugar boil it up to a Syrup.

90. *Sirrup of Cowslips.*

In stead of runing-water, you must take the distilled-water of Cowslips, put thereto your Cowslips, flowers clean picked, and the green knobs in the bottom cut off; and therewith boil up a Sirrup, as in the Sirrup of Roses is shewed. It is good against the Frenzie, comforting and staying the head in all hot Agues, &c. It is good against the Palsie, and procures a sick Patient to sleep: it must be taken in Almond Milk, or some other warm thing.

91. *Sirrup of Borage and Bugloss.*

Sirrup of Borage and Bugloss are made in the
the

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the same sort, they cool, open, and comfort the body.

92. *Syrup of Calamint.*

Doth warm and comfort the stomach : it is made *ut supra*.

93. *Syrup of Scabious.*

Syrup of Scabious is made of the juice of the herb, strained and clarified as the juice of Fole-foot; and the flowers infused or steeped, shifted and boiled up as of Roses. It cleanseth the breast and lungs, cureth an old cough, and imposthumes of the brest, and of all other inward parts, cleansing, ripening and healing the same.

94. *To make Syrrup of Saffron.*

Take a pint of Endive-water, two ounces of Saffron finely beaten, and steep it therein all night; the next day seeth it, and strain out the saffron; then with sugar boil it up to a Syrrup.

95. *Syrup of Fole-foot, or Colts-foot.*

Take the leaves of Fole-foot, wash them very fair, and wipe them with a clean linnen cloth, leaf by leaf; then lay them on a clean cloth to dry, till all the wet be off them; then beat them in a mortar, and put them into a strainer, and wring out all the juice you can
out

out of them, and put it into glasses, and let it stand in them to settle all night; the next day pour out the clearest of the juice from the grounds, into a fair **Bason**, and taking for every pint thereof a pound of sugar finely beaten, boil the juice of **Folefoot** softly on a **Charcoal-fire**, and when you have well scummed it, put in the sugar according to his proportion: and so let them boil together, keeping it with due scumming, until (to see when it is enough) it will stand on a stiff purl when you drop some of it upon a **Plate of silver**, or a **Sawcer**; then take it from the fire, pour it through a **Jelly-bag** into a clean **bason**, putting first a branch or two of **Rosemary** into the bags bottom, then keep it stirring with a spoon, till it be luke-warm, for else it will have a **Cream** upon it: So letting it stand all night in the **bason** well covered, the next day put it into such glasses as you mean to keep it in. It is good to open the **breſt**, and **Lungs**, and cureth old **Coughs**.

96. *To make Syrrup of Pomecitrons.*

Take **Pomecitrons** and cut them in halves, and juice them; but beware you wring them not too hard lest it be slimy: and take to every pint of juice, three quarters of a pound of refined sugar, & boil it in an earthen pipkin till it come to the height of a syrrup, & take heed in any case that you boil it not on to hot

a fire, lest it burn; and then when it is boiled enough, put it up, and keep it all the year.

97. *A Syrrup against Melancholy-humours, especially where there is wind in the stomach.*

To make this syrrup, 'tis necessary to be expert in the Art; for it must be made with great diligence.

Take water of Fumitory, of Hops, of Worm-wood, of Maidenhair, of each five pound: Herewith make a decoction, with these following ingredients. Take *Pollipodium* of the Oak, one pound, Sine-leaves, *Epitimum*, *Ana*, four ounces, Cordial-flowers two handfuls, Maidenhair one handful, Liquorice, Cinnamon, Raisins, of each two ounces, of the four cold seeds two ounces; make thereof a decoction according to Art, and strain it; then take four pound of that Decoction, and put thereto the juice of Borrage, of Bugloss, and Hopps, of each two ounces; common Honey six ounces: then with white sugar make a syrrup in good form, and aromatize it with musk and amber, putting thereunto one ounce of *Plyris* without musk, and then it is made.

The dose is from three to four ouces in the morning warm, and fast thereupon at least
three

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three or four hours; for this purgeth marvel-
lously the melancholy humours, and all other
gross humours, and dissolveth wind, and com-
forteth the heart.

98. *Sirrup of Wormwood simple.*

Take of the clarified juice of common
Wormwood, and clarified sugar, of each four
pound; make it into a sirrup according to
Art.

After the same manner are prepared sim-
ple sirrup of Betonie, Borage, Buglosse,
Cardos, Camomel, Succorie, Endive, Hedg-
mustard, Strawberries, Fumitorie, Ground-
ivie, St. Johns wort, Hops, Mercurie, Mouf-
ear, Plantane, Apples, Purslain, Rasberries,
Sage, Scabious, Scordium, Housleek, Colts-
foot, *Pauls* Betonie, and other juices not
sowre:

99. *Sirrup of Marsh-mallows.*

Take of roots of Marsh-mallows two oun-
ces; the roots of grasse Sparagus, Liquoris, Rai-
sins of the Sun stoned, of each half an ounce,
the tops of mallows, marsh-mallows, pellitory
of the well, burnet, plantane, maidenhair
white and black, of each a handful, red cicers
an ounce, of the four greater and four lesser
cold seeds, of each three drams; boil them in
six pound of clear water, till four remain,
which being strained, boil it into a sirrup
with

with four pound of white sugar.

100. *Sirrup of Rhadishes.*

Take of garden and wild Rhadish-roots, of each an ounce; the roots of white Saxifrage, Lovage, Bruscus, Eringo, Rest-harrow, Parsley, Fennel, of each half an ounce, the leaves of Betonie, Burnet, Pennirol, Nettles, Watercresses, Sampier, Maidenhair, of each an handful; winter Cherries, Juiubes, of each ten, the seeds of a Bazil, Bur, Parsly of *Nacedania*, Hartwort, Caraway, Carrots, Gromwel, the bark of the root of Bay-tree, of each two drams, Raisons of the sun stoned, Liquoris, of each six drams, boil them in twelve pound of water to eight, strain it, and with four pound of sugar, and two pound of hony, make it into a sirrup, and perfume it with an ounce of Cinnamon, and half an ounce of Nutmegs.

101. *Sirrup of Poppies.*

Take of the heads of both white and black Poppies, feeds and all, of each fifty drams, Maidenhair fifteen drams, Liquorice five drams, Jujubes thirty by number, Lettice seed forty drams, of the seeds of Mallowes and Quinces (tied up in a thin linnen cloth) of each one dram and a half, boil these in eight pints of water til five pints be consum'd, when you have strain'd out the three pints remaining

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maining, add to them Penides and white Sugar, of each a pound; boil them into a fyrrup according to Art.

102. *Honey of Rosemary-flowers.*

Take of Rosemary-flowers a pound, clarified honey three pound, mix them in a glass with a narrow mouth, set them in the Sun, and keep them for use.

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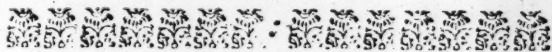
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Experiments in
Phyſick and Chirurgery,
 Diſtillations, Waters, and
 Oyls.

Their Vertues and Uſes.

1. *Doctor Stevens his Water.*

TAke a gallon of Gaſcon wine, of
 Ginger, Gallinal, Cinnamon,
 Grains, Cloves, Mace, Nutmegs,
 Annis-seeds, Caraway-seed, Cori-
 ander-seed, Fennel-seed and sugar,
 of every one a dram, then take of Sack and
 Ale a quart a piece, of Camomil, Sage, Mint,
 red Roses, Time, Pellitory of the wall, wild
 Marjoram, wild Time, Lavender, Pengeroyal,
 Fennel-roots, Parsly-roots, and Setwal-roots,
 of each half a handful: Then beat the spice
 small, and bruise the herbs, and put them all
 together into the wine, and so let it stand six-
 teen hours, stirring it now and then: Then
 distil it in a Limbeck with a soft fire, and keep
 D 3 the

the first pint of the water by it self, for it is the best; and the rest by it self, for it is not so good as the first. The principal use of this water, is against all cold diseases, it preserveth youth, comforteth the stomach, cureth the stone of what nature soever, using but two spoonfuls in seven days. It preserved Doctor *Stevens*, ten years bed-rid, that he lived to ninety eight years.

2. *To make Cinnamon-water.*

Of the best Cinnamon you can get, take one pound; bruise it well, and put it into a gallon of the best Sack, and infuse it three days and three nights; and then distil it as your *Aqua Caelestis*.

3. *Angellica-water.*

Of Carduus take and dry a handful, Angellica roots three ounces, of Myrrhe one dram, Nutmegs half an ounce; Cinnamon, Ginger, of each four ounces, Saffron one dram and a half. Cardonius, Cubebs, Gallingle and Pepper, of each a quart of an ounce, Mace two drachms, Grains one drachm; Lignum-Aloes, Spikenard, *Funcus odoratus*, of each a drachm, Sage, Borage, Bugloss, Violets, and Rosemary-flowers, of each half a handful: bruise these, and steep them in a pottle of Sack twelve hours, and distil it as the rest.

4. *Aqua*

4. *Aqua Mirabilis.*

Take three pints of white wine, one pint of *Aqua vita*, one pint of juice of Salendine, one dram of Cardamer, a dram of Melliot-flowers, Cubebs a dram, of Galingale, Nutmegs, Cloves, Mace and Ginger, of each a dram; mingle all these together over night, the next mornig set them a stilling in a glasse Limbeck.

The Vertues.

This water dissolveth swelling of the Lungs, and being perished, doth help and comfort them; it suffereth not the blood to putrefie; he shall not need to be let blood that useth this water; it suffereth not the heart-burning, nor melancholy or flegm, to have dominion; it expelleth Urin, and profiteth the stomack; it preserveth a good colour, the visage, memory, and youth; it destroys the Palsie. Take some three spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

5. *Balm-water.*

Take Balm dry three ounces, Thyme, Penniroyal, of each an ounce, Cinnamon four ounces, a dram of *Cardamus* grains half an ounce, sweet Fennel-seeds an ounce, Nutmegs and Ginger of each a dram, Galingale one ounce, Calamus, Cypress, Cubebs, and Pepper, of each two drams, of Caper-roots half a dram, of *Diptamus* one dram, bruise these things, and

D 4

put.

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put them to a pottle of Sack, and steep them twenty four hours, and then use it as the former water.

6. *Another Balm-Water.*

Take a gallon and a quart of Sack, put to it Annis seed & Fennel seed, of each one pound, Liquorice scraped and bruised a quarter of a pound, of Coriander seed corrected, and Caraway seed, of each as much; Cowslip-flowers clipt from the whites, and Rosemary-flowers well pickt, of each one pound; of red Mints, wild Time, of each a good handful, and of Balm two pound; steep all these first in the Sack four hours, in the brass pot wherin they shall be distill'd, and then distil them in a Limbeck.

7. *A Barly water, to purge the Lungs and Lights of all diseases.*

Take half a pound of fair Barley, a gallon of running water, Liquorice half an ounce; Fennel seed, Violet leaves, Parsley seed, of each one quarter of an ounce, red Roses as much, of Isop and Sage dried, a good quantity of either, of Harts tongue twelve leaves, a quarter of a pound of Figs, and as many Raisins; still the Figs and Raisins, put them all into a new earthen pot, with the water cold, let them seeth well, & then strain the clearest from it, drink of this a good quantity, morning and after-noon, observing good diet upon

upon it; it taketh away all Agues that come of heat, and all ill heat; it purgeth the Lights, Spleen, Kidneys and Bladder.

8. *A water for a sore Mouth.*

Take of Sage, Rosemary, and Woodbine leaves a like quantity, viz. a handful and a half of either, boyl them in a quart of running water, with as much of the best Allom as an Egg, and let them boyl to a pint; then put in a pint of White-wine, and let them boyl again, and so soon as it boileth, take it off the fire, and let it cool, and then put it up in a glass, and therewith wash your mouth morning, evening, and at night, and other times, as cause requires, till it be well.

9. *Another for the same use.*

White-wine, and fair water, of each a quart; Wine-vinegar a pint, red Sage a good quantity; Mercury two penniworth, Roch-Allom half an ounce, Rosemary an handful, Woodbine leaves somewhat more, and three spoonfulls of Honey; seeth them together, and wash your mouth therewith.

10. *A water for a sore Mouth, Legs or any other place.*

Take of Woodbine-leaves, Ribwort, Plantain, Abinte, of each an handfull; English Honey purified, three spoonfulls.

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Roch-

Roche-Allom a quantity; put all these into a quantity of running-water, and let it seeth to a pottle or less; then keep the water in a pure earthen-vessel well glazed, and wash the fore therewith twice a day.

11. An excellent water for several diseases.

Take Cloves, Cinnamon, of each an ounce, Mastick, Mace, Camphire, of each two ounces, beat all these to fine powder, and let them stand in six spoonfuls of good white wine vinegar, the space of four and twenty hours, then put it into a pottle of good Rose-water, and let it stand two days in some warm place, and then put thereto three quarters of a pound of good hard sugar, and distil it with a gentle fire. It is good for the mouth, scoureth the palate; it keepeth the teeth white, and and free from corruption, it cleareth the hands and face, being washed therewith.

12. An approved water for the eyes.

Take a new-laid egg, and roast it hard, then cut the shell in the midst, and take forth the yolk of it, and put some white Coporas where the yolk lay, then bind the egg together again, and let it lie until it begin to be a water; then take the white forth from both sides of the egg, and put the same into a glass of fair running water, and so let it stand a while,
and

and strain it through a fair linnen cloth, and keep it close stopped in a glasse, and therewith wash your eyes both morning and evening.

13. *Arare water to avoid gravel in urine.*

Take the seed of smal Lemmons, the seed of Oranges, one pound of Saxifrage, six pound of Balm, Scolopendria, Pellitory of the wall, Sparagus, Crisoni, Isop, Fennel roots, parsley roots, of each six ounces, stamp them all together, and make them in form of a liquid unguent with the Juice of Lemmons; distil it in a common tin stillatory luted, keep the water in a glasse stopt: the body must first be purged of crude humours, then take every morning and evening six ounces warm: use a diet, and refrain moist and cold meats, and this water will help the aforesaid griefs.

14. *Rosa solis.*

Take of Liquorice eight ounces, Anniseeds, Carraway, of each an ounce; Raisins stoned, Dates, of each three ounces; Nutmegs, Cinnamon, Ginger and Mace, of each half an ounce, Galingale a quarter of an ounce, Cubebs a dram, Figs two ounces, Sugar four ounces; bruise these, and distil it with a gallon of *Aqua-vita*, as the rest; but when it is distilled, you must colour it with the herb *Rosa solis*, or else *Alkanet* root.

15. *VVerm.*

15. *Wormwood-water.*

Take of Wormwood two ounces and a half, Sage, Bittony and Rue, of each half a handful; Rosemary-tops a handful; Cinnamon three ounces, Nutmegs half an ounce, Cloves and Mace, of each half a dram, Ginger one ounce, Galingale, Cubebs and Spikenard, of each a dram and a half; of Scordium half an handful; bruise these, and put them in a pottle of Sack, and a pint of *Aqua vita*, and steep them twenty four hours, and distil them as the rest.

16. *Aqua-fortis.*

Take of Vitriol prepared, as for oyl of Vitriol two pound, Salt-peter purged one pound; beat them together, and put them in a Retort well luted, place it in a furnace with a large Receiver, and giving fire to it, distil it by degrees for twenty four hours, rectifie the water in sand.

17. *Water of Snails.*

Take of the juyce of ground-Ivy, Colts foot, Scabious, Lungwort, of each one pound and a half; the juyce of Purslain, Plantane *Ambrosia*, *Pauls* Betony, of each a pound, Hogs blood, white Wine, of each four pound; Garden snails two pound, dried Tobaccocleaves eight; powder of Liquorice two ounces, Alacampane half an ounce, of Orris an ounce, Cotton seeds an ounce

ounce and half, the greater cold seeds, Annis-seeds, of each six drams, Saffron one dram, the flowers of red Roses six pugils, of Violets and Borage, of each four pugils, steep them three days warm, and then distil them in a glasse Still, in sand.

18. *An excellent Water against the Stone in the Kidneys.*

Take of the middle rind of the root of Ash bruised, two pound, Juniper-Berries bruised three pound, Venice Turpentine that is very pure, two pound and a half; put these into twelve pints of spring-water, in a glasse vessel well closed, and there let them purifie in Hor e-dung for the space of three months; then distil them in ashes, and there will come forth an oil and a water, separate the one from the other: Ten or twelve drops of this oil being taken every morning in four or six spoonfuls of the said water, dissolves the gravel & stone in the kidneys most wonderfully.

19. *A VWater for outward or inward wounds, Impostumes and Ulcers, and a sore Mouth.*

Take Plantain, Ribwort, Bone-wart, wild Angelica, red Mints, Betony, Egrimony, Sannacle, Blue-bottles, White-bottles, Scabious, Dandelion, Avens, Honey suckle leaves, Bramble buds, Hawthorn buds & leaves; Mugwort,

wort, Dasse-roots, leaves and flowers; Wormwood, Southernwood, of each one handfull; boil all these in a pottle of white wine, and as much spring water, till one half be wasted, and when it is thus boiled, strain it from the herbs, and put to it half a pound of honey, and let it boil a little after, and put it into bottles, and keep it for your use.

Not that these Herbs must be gathered in *May* only; but you may keep them dry, and make your water at any time.

If the wound be inward, three or four spoonfuls morning and evening, will in a short time ease and cure, if not too far gone, as almost nothing can recover the Patient.

If outward, it must be washed therewith, and linnen clothes wet in the same, applied thereto.

20. *A very excellent Water against worms.*

Take of Wormseed bruised eight ounces, the shaving of Harts-horn two ounces, of Peach-flowers dried an ounce, of Aloes bruised half an ounce, pour on these the water of Tanfie, Rue, Peach-flowers, & of wormwood, of each a pint and a half, let them (being put into a glass vessel) be digested the space of three days then distil them; cohobate this water three times.

This water may be given from half an ounce to three ounces, according to the age of the Patient.

21. *An excellent sweet water.*

Take a quart of Orange-flower-water as much Rose-water, add thereto of Musk-million-seeds grossly bruised, four ounces, of Benjamin two ounces, of Storax an ounce, of *Ib-danum* six drams, of Lavender-flowers, and sweet Marjoram, of each two pugils of *Cassius Aromaticus* a dram, distil all those in a glass Still in *Balneo*, the vessels being very well closed, that no vapour breath forth.

But upon urgent or sudden occasion, you may make a sweet water in an instant, by putting a few drops of some distilled oyls together into some Rose-water, and brewing them well together.

22. *How to make artificial Tunbridge-water.*

This water proceeding from an Iron Mine, (as it is granted by all) is thus made: Take of the Mine or Ore of Iron, beat it very small, and put it into the Furnace express'd in p. 83. of *John French* his Art of Distillation; and there will come forth acid spirit and flowers, which you must mix together, til the acid spirit extracts the salt out of the flowers, then decant off the clear liquor, which will have a strong taste and smell of Iron.

A few drops of this liquor put into a glass full of Fountain water, give it the odour and taste

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tak of *Tunbridg* water, and communicates the same operation to it.

It opens obstructions, purgeth by Urine, cleanseth the kidneys and bladder, helps pissing of blood, and difficulty of making water; it allayeth all sharp humours, cureth inward Ulcers and Impostumes, cleanseth and strengtheneth the stomach and liver, &c.

The dose is from one pint to six, but by degrees. Use moderate exercise after taking it, and fast seven or eight hours, till the water be gone out of the body.

23. *How to make artificial Epsome water.*

Take of the Mine of Allome, or Allome stones, powder it very small, and distil it in the Furnace expressed in page 83 of *John French* his Art of Distillations, and there will distil over a certain acid Alluminish water, which must be mixed with a double quantity of Nitre-water. For *Epsome* water hath a certain kind of acid taste, which is partly nitrous, and partly alluminous, which proceedeth from nitrous air, and vapours arising from the fermentation of Alluminous Mines, being first mixed together, and then mixed with the fountains passing through the earth.

A few drops of this water put into a glasse full of Fountain-water, will give it the odour and taste of *Epsome* water, so that the smell
er

or operation will scarcely be discerned from it.

This water purgeth sharp burning humors, cools an inflamed, and opens an obstructed body, cleanseth the Kidnies and Bladder, cureth inward Ulcers and Impostumes, and is a very good preservative against the Consumption, &c.

Fountain water made acid with this liquor, may be taken from one to six pints; after it use moderate exercise, and fast till the water be out of the body, Only some thin warm suppers may be taken to help its working; Some take this water warm.

*24. Spirit of confection of Alkermes,
its Vertues.*

It is an excellent comforter of the Spirits, vital, natural, and animal, in weak and delicate persons, and against all trembling, pensiveness, and sudden qualms of the heart.

25. Spirit of Saffron, its vertues.

It is good to comfort the vital spirits against passions; trembling, and pensiveness of the heart, and helpeth all malignity oppresseth it, and expelleth wind; suppresseth fumes which arise from the spleen, and go up to the head, and openeth the obstructions of it. It is excellent against all Melancholy; and very good
for

for women in travel, for it comforteth and hasteneth delivery.

The dose is morning and evening, one spoonful for three days together.

26. *Extract of Ambergreece.*

Take a dram of Ambergreece, grind it very small on a Painters stone, then put it into a bolt head, then take of the best spirit of Wine, either Canary or Malago Sack half a pound, spirit of Clary two ounces, mingle them together well, and pour of the Menstrua one pint to this proportion of Amber, se them to digest in a gentle Balneo, about eight hours, shaking it together three or four times, then take it out, and being cold, pour it forth, and put almost as much more of the mixed spirits, digested as before in a gentle heat by Balneo, then put it forth to the first extracted; and add half as much more spirits the third time, and digest it again: and then you have extracted all the special part of the Amber, and leave nothing but a black dead earth of no value. Then take a pint of the spirit of what herb you will use, and dissolve therein one pound of pure white sugar-candy, or at the least twelve ounces, very finely powdered and searced thorow a fine searcer, for the speedier resolution thereof: It is best to dissolve it cold. This dissolution must be twice filter'd thorow

a thin cap paper, to make it very perfect clear; then take three quarts of this dulcified spirit to one of your extract of Amber drawn with spirit of wine; then shake them well together, and let them stand in a square glass very close stopped, until it shall be perfectly clear: one dram of this extraction of Amber will serve to dulcifie, and make fit two quarts of the spirit of Mints, or Clary, or the like, and give it a most excellent taste, and efficacious vertues.

27. *Spirit and water of Wormwood, the lesser Composition*

Take of the leaves of dryed Wormwood two pound, Annis-seeds half a pound; steep them in six gallons of small wines 24 hours, then distill them in an Alembick, adding to every pound of the distilled water two ounces of the best sugar.

Let the two first pound you draw out be called *Spirit of Wormwood*; those which follow *Wormwood water, the lesser composition*.

28. *Spirit and water of Wormwood, the greater composition.*

Take of common and Roman Wormwood of each a pound; Sage, Mints, Bawme, of each two handfuls; the roots of Gallange,
Gill-

Ginger, Calamus-aromaticus, Alacampane of each three drams, Liquorice one ounce Raisins of the Sun ston'd three ounces, Annis seeds and sweet Tennel-seeds, of each three drams, Cinnamon, Cloves, Nutmegs, of each two drams; Cardamons, Cubebs, of each one dram: Let the things be cut that are to be cut and the things bruised that are to be bruised all of them infused in twenty four pints of *Spanish Wines* for twenty four hours, then distilled in an Alembick, adding two ounces of white sugar to every pint of distilled waters.

Let the first pint be called Spirit of Wormwood, the greater Composition.

29. *Spirit and Water of Angelica.*

Take of the leaves of Angelica eight ounces, of *Carduus Benedictus* six ounces, of Bawm and Sage of each four ounces, Angelica seeds six ounces, sweet Fennel-seeds nine ounces. Let the herbs (being dried) and the seeds be grossly bruised; to which add of the spices called *Aromaticum Rosatum*, and of the spices called *Diamascha Dulce*, of each an ounce and a half. Infuse them two days in thirty two pints of *Spanish wine*, then distil them with a gentle fire; and with every pound mix two ounces of sugar dissolved in Rose-water. Let the three first pound be called by the name of Spirit, the rest by the name of Water.

30. *Spirit of Wine extraordinary.*

Take the finest paper you can get, or else some Virgin-parchment, strain it very right and stiff over the glass body wherein you put your Sack, Malmſie or Muscadine; oyl the paper, or virgin-parchment with a pensil moistened in the oyl of Ben, and distil it in Balneo with a gentle fire, and by this means you shall purchase only the true spirit of wine. You shall not have above two or three ounces at the most out of gallon of wine, which ascendeth in the form of a cloud, without any dew or veins in the helm: Lute all the joints well in this distillation; This spirit will vanish in the air, if the glass stand open.

31. *Quintessence of Snakes, Adders.
or Vipers.*

Take of the biggest & fairest Snakes, Adders or Vipers which you can get in *June* or *July*, cut off their heads, take off their skins, and disembowel them, then cut them into small pieces, and put them into a glass of a wide mouth, and set them in a warm Balneo that they may be well dried, which they will be done in three or four days, then take them out, and put them into a bolt head, and pour on them of the best alcolized Wine, as much as will cover them six or eight fingers breadth

breaths; stop the glass hermitically, and digest them fifteen days in *Balneo*, or so long, till the Wine be sufficient cover'd, which pour forth; then pour on more of the foresaid spirit of wine till all the quintessences be extracted. Then put all the tinged spirits together, and draw off the spirit in a gentle *Balneo*, till it be thick at the bottom; on this pour the spirit of wine caryophilated, and stir them well together, and digest them in a Circulatory ten days then abstract the spirit of wine, and the quintessence remaineth at the bottom perfect.

This quintessence is of extraordinary vertue to purifie the blood, flesh, and skin, and consequently all diseases therein. It cures the falling-sickness, strengthens the brain, sight, and hearing; and preserveth from gray hairs, reneweth youth, preserveth women from Abortion; cureth the Gout, Consumption, causeth sweat, is very good in, and against pestilential infections.

32. *A Liquor against the Tooth-Ach.*

Take of oyl of Cloves well rectified half an ounce, in it dissolve half a drachm of Camphire; add to them of the syrrup of Turpentine four times rectified (in which half a drachm of Opium hath been infused) half an ounce. A drop or two of this liquor put into a hollow tooth with some lint,

lint, easeth the tooth-ach presently.

33. *A Liquor to comfort smelling, and preserve the head.*

Take *Lignum aloes* two ounces, Annis-seeds four ounces, *Calamus aromaticus* one ounce, Calamint dry'd three ounces. common honey two pound, strong white wine twelve pound, let all these be infused for four days, and then distil it in *Balneo*; and when you distil it, put into the Receiver six grains of Musk dissolved in two ounces of Rose-water, and distil away but three pound, the which keep it in a glass close stopped; and when you will comfort the smelling, wash the face and head therewith, and you shall smell a savour of marvellous effect, which comforteth nature marvellously; it comforteth the stomach, and helps a stinking breath; it helpeth the mouth being ulcerated, & those that have the rupture, in short time, if you wash it twice a day therewith; it helpeth also women that are troubled with descention of the Matrix; if you wet a cloth in it, and lay it upon the mother, in short space it restores great health. Also it helpeth those that are troubled with the Meagrum, or pains in the head, coming of cold or wind; if you wash the head with the said liquor, it presently giveth ease. It hath divers other vertues, which I will not now recite.

34. *To make an Antimonial cup, and to cast divers figures of Antimony.*

Take the best crude Antimony very well powdered, Nitre, of each a pound; of crude Tartar finely powder'd two pound, mix them well together, and put them into a crucible; cover the crucible, and melt them, and the Regulus will fall to the bottom, and be like a melted metal; then put it forth into a brass mortar, being first smeared over with oyl.

This Regulus (when you have made enough) you may melt again, and cast it into what mould you please: You may cast it into the forms of shillings, and half crowns; either of which, if you put into two or three ounces of Wine in an earthen glazed vessel, or glass, and infuse in a moderate heat all night, you may have a liquor in the morning which will cause vomit; of which the dose is from two drams, to two ounces and a half.

You may put a little Cinnamon into the wine, to correct & give a grateful relish to it.

It is the custom to fill the Antimonial cup with wine, and put to as much wine round about betwixt that and the little earthen cup where it stands, & so infuse it all night, & then drink up all that wine; but I fear that so much wine will be too much, as being 3 or 4 ounces, when as we seldom exceed the quantity
of

of two ounces of the infusion of Antimony.

These cups or pieces will last for ever, and be as effectual after 1000 times infusion, as at first: and if they be broken at any time, (as easily they may, being as brittle as glass) they may be cast again into what form you please.

Note, that he that casts them must be skilful in making his spawde, as also in scowring them, and making them bright afterwards; for if they be carefully handled, they will look even as bright as silver.

35. *How to make the true spirit of Antimony.*

Take of the subtil powder of the Regulus of Antimony, as much as you please; sublime it out of it self, till it will sublime no more (still putting what is sublimed, to that which remains at the bottom) or with salt Armoniack six or seven times, remembring that then you must dulcifie it with warm water, by dissolving therewith the salt, and dry the precipitate afterwards. Set this fixed powder in a cellar, laying it very thin upon a marble stone; and in about six weeks, or two months it will all be dissolved in to water, which must be filtered. Then evaporate part of this water, and let it stand two or three days in the Cellar to chrySTALLIZE; these Chrystals purifie and drie, mix them with three times the quantity of the gross powder of Tiles, and distil them in a
E re tort,

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retort, and there will come forth first a white spirit, and then a red, which you may rectifie in *Balneo*.

36. *The true Oyl or Essence of Antimony is made thus*

Take of the foresaid crystals, dissolve them in good rectified spirit of wine, digest them two months in *Balneo*, or Horse-dung; then evaporate the spirit of wine, and there will remain in the bottom, the true oyl or essence of Antimony.

Then take new crystals of Antimony, and let them imbibe either this oyl, or the foresaid spirit, till they will imbibe no more; then digest them two months in sand, and they will become a flowing fixt salt, and of excellent virtue.

The foresaid spirit, this oyl and essence of Antimony, may be equalized to *Aurum Potabile*, to all intents and purposes, according to a medicinal use, especially the fixt essence: The dose is five or six grains.

37. *Wormwood wine.*

Take a handful of dried Wormwood for every gallon of wine, stop it in a vessel close, and so let it remain in steep. So is prepared Wine of Rosemary-flowers and Eye-bright.

38. To make an Artificial Malago Wine.

First take a wine barrel well hooped and dressed, with one end being open, to which a close cover must be well fitted, which must be to take off, and put on at pleasure. Set it in a warm place, winter or summer, and fill it full with clear and pure water; to each three gallons put six pound of the best Malago Raisins, which you must bruise in a stone mortar, and then strew upon the water; upon each twenty gallons, of which you must cast a handful of *Calx viva*; then cover the vessel close with the cover, and cast clothes upon it to keep it warm, and let it stand four or five days to work, as Wine or Beer doth when they be new: then see if the Raisins be risen up to the top of the water; if so, then put them down again, and cover it as before: let them thus stand three weeks or a month together, the Raisins being every fourth or fifth day put down in case they rise up. Then put a tap into the Vessel three or four fingers above the bottom, and try if it be good, and taste like wine; if not, let it stand a while longer; but if so, draw it off into another wine vessel, and to every twenty gallons that you have drawn off, put a pint of the best *Aqua vite*, two new-laid Hen-eggs; and a quart of Alligant beaten well together, and let it stand in a Cellar as o-

ther wine doth, till it be clear, and fit to be drunk.

39. *How to make artificial Claret wine.*

Take six gallons of water, two gallons of the best Cedar, put thereunto eight pound of the best Malago Raisins bruised in a mortar, let them stand close covered in a warm place, the space of a fortnight, every two days stirring them well together; then press out the Raisins and put the liquor into the said vessel again; to which add a quart of the juice of Raspberries, and a pint of the juice of black Cherries; cover this liquor with bread spread thick with strong mustard, the mustard side being downward, and so let it work by the fire-side three or four days, then turn it up, and let it stand a week, and then bottle it up, & it will taste as quick as bottle-Beer, and become a very pleasant drink, and indeed far better and wholsomer then our common Claret.

40. *How to make good Raspberry Wine.*

Take a gallon of Sack, in which let two gallons of Raspberries stand steeping the space of twenty four hours, then strain them, and put to the liquor three pound of Rasins of the Sun stoned, let them stand together four or five days, being sometimes stirred together: Then pour off the clearest, and
put

put it up in Bottles, and set it in a cold place, if it be not sweet enough, you may add some sugar to it.

41. *Oyl of Almonds.*

Take Almonds, blanch them, and put them into a pot, and set that pot in another pot of water that boileth, and the steam of the seething pot will arise and enter into the pot with the Almonds, and that will become oyl, when they are stamped and wringed through a cloth: thus they make oyl of the kernels of Filberds, Walnuts, &c.

42. *Oyl of Sage.*

Take the sage, and boil it in Oyl of Olives, till it be thick and green: then straine the Oyl from the Sage, and reserve it.

43. *Oleum Laureum.*

Take Bay-leaves, grind them well, and boil them in Oyl of Olives till it be green, strain it and cool it, &c. This is for coldness in the Limbs, Palsies, and such mortifications, &c.

44. *Oyl of Tobacco:*

Take the green leaves of Tobacco, cut them small, and put them into a glass or gallipot well stopped, then fill it up with Sallet-oil set it a good while in hot water, or in the Sun

forty days, and you shall find it a precious Balm.

45. *Oyl of Roses.*

Take Sallet-oyl, and put it into an earthen pot, then take Rose-leaves, clip off all the white, and bruise them a little, and put them into the oyl, and then stop the pot close with paste, and set it into a boiling pot of water, and let it boil one hour; then let it stand all one night upon hot Embers, the next day take the oyl, & strain it from the Rose-leaves into a glass, and put therein some fresh Rose-leaves clipt as before; stop it, and set it in the Sun every day for a fortnight or three weeks.

46. *Oyl of Cream.*

Take Cream, and seeth it softly upon some Embers, and it will become an Oyl; this will cure the Gout in a Hawks leg.

47. *Oyl of Swallows.*

Take two dozen, or twenty Swallows out of the nest, a good handful of Rosemary, as much Lavender-cotten; and as much Strawberry leaves, strings and all, stamp all these together & fry them all together in *May* butter or rather Sallet Oyl, till the rawness be gone; then put it in an earthen pot fast stopped nine days; and then fry it again; wring it thoro-

row

row a cloth, and keep it in a glasse or gallipot; and being warmed, anoint the place grieved therewith, it is good for all Aches, and for the shrinking of sinews.

48. *The best pattern for Oyl of Roses.*

Take a pint of good Sallet-oyle, or more, as you please, then take as much red Rose leaves the white clipped off, three quarters of a pint, put them into a stone pot, stop it close with paste, and set it so long in a greater pot of boiling water, till the strength of the Roses be gone into the Oyle; then wring the Rose thorow a Canvase cloth, till they be dry; then put in new, stop them, boil, strain, and change them thus four or five times, till you think it strong enough of the Roses; then put it up for your use. This is the best pattern for these Oyles.

49. *The use of Oyl of Violets.*

Oyl of Violets, Camomile, Lillies, Elder flowers, Cowslips, Rue, Wormwood, and Mint, are after the same sort. Oyl of Violets, if it be rubbed about the temples of the head, doth remove the extreame heat, asswageth the head-ach, provoketh sleep, and moisteneth the brain, it is good against melancholy, dulness, and heaviness of the spirits, and against swellings and sores that be over hot.

50. *The use of Oyl of Camomil.*

Oyl of Camomil is good in glisters, for the Agues that come of costive stoppings; it aswageth all pain and ach, it cureth wearied and bruised parts; it looseth and softneth hard and swoln parts, and openeth all which is stopped.

51. *The use of Oyl of Lillies.*

Oyl of Lillies is good to supple, mollifie and stretch sinews that be shrunk, it is good to anoint the sides and veins, in the fits of the stone.

52. *The use of Oyl of Elder-flowers.*

Oyl of Elder-flowers is good for the hardness and pains of the liver and spleen, if the sides be therewith anointed; but you must not come near the bottom of the belly where the bladder lies, nor the hollow of the stomack: It is very good to apply to green wounds, with some lint dipped in it, for it cooleth and healeth them, and also festring sores.

53. *Oyl of Cowslips.*

Oyl of Cowslips, if the nape of the neck be anointed with it, is good for the Palsie; it comforteth the sinews, the heart and head.

54. *The*

54. *The use of the Oyl of Rue.*

Oyl of Rue is good to be used in Glisters against the Collick and Stone: It is good for the Kings Evil, or any swellings in the throat; it doth warm and dissolve cold humors in any joint; it provoketh Urine, being anointed about the region of the Bladder; it is good to anoint the Spleen for the stopping of it.

55. *The use of the Oyl of Wormwood.*

Oyl of Wormwood is good for strains and bruises, and to comfort the stomack. It is made of the green herb, as are the Oyls of Camomil, Rue, and Mint.

56. *The use of the Oyl of Mint.*

Oyl of Mint comforteth the stomack, overlaid and weakned with casting; it doth drive back milk, and dry up womens breasts, and doth keep them from being sore, being there-with anointed.

57. *To make the Oyl of Salerne.*

Take Southernwood, Wormwood, Lavender tender Crops, Rose-leaves, Camomil, Saint Johns Wort, red Sage, Rosemary-tops,

of each one handfull; cut them somewhat small, as it were about an inch long, and bruise them a little; then put to them a pint of the best *Aqua vita*, and a pottle of the best Sallet-Oyl you can get: boil them an hour and a half upon a soft fire, keeping them from burning with continual stirring; then strain it thorow a linnen cloth, and when it is cold, put it up in a glasse, and keep it for all cold infirmities. When you use it, warm the Oyl a little, and warm your hand against a Chafing-dish of coals, and anoint the place pained therewith.

§8. *How to compose the Oyle of Exceker.*

Take one pound and a half of the flowers of Cowslips, and steep them in three pints of the best Candy oyl, and let them so stand three weeks or a month; and then take of Calamint, Saint *Johns*-wort, Sage, Egrimony, Southernwood, Penniroyal, Wormwood, Lavender, Parietary, Rosemary, Camomile, Pelitory of *Spain*, Bay-leaves, Scabious, of each a handfull; beat them in a stone Mortar as small as you can; then strain the Cowslip flowers from the Oyl, and stamp them among the other herbs as small as you can, and put them all together in a quart of White-wine, and let them stand therein twenty four hours, then put the Oyl to them, and boil them up-
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on a soft fire, till they be so incorporate together, that it is all become Oyl; then letting it cool a little while, strain it into some earthen pan, there keep it till it be cold, and then put it up in some glass or gally-pot.

55: Oyl of Amber.

Take of yellow Amber one part, burnt flints, or powder of tiles, two parts, distill them in a Retort in sand, keep the white clear Oyl which comes out first, by it self; then distill it on till all come out, keep both Oyles severally, and rectifie them with water, gather the salt of Amber, which sticks to the neck of the Retort, and being purged by solution, filtration, and coagulation, according to art, keep it for your use.

56. How to make an excellent Oyl of Hypericon.

Take flowers, leaves and seeds of Hypericon, as much as you list; beat them together, and infuse them in White-wine, that they may be covered therewith, and set them in the Sun for ten days; then put thereto so much Oyl of Olives as all the rest doth weigh, and let it stand ten days more in the Sun: But look you weigh the Oyl, to know how much it is; then put thereto for every pound of Oyl, two ounces of Turpentine, and one dram of Saffron; and of Nutmegs.
and

and Cloves, of each half an ounce; of Mirrh and Rosin of each an ounce, and of the root of Briony two ounces; put them all in a vessel of glass, and mix them well together, and then set them in a vessel of hot water, and set thereto an head of glass, and a receiver well shut, and boil it so long until no more will distil from it, which will be about twenty four hours; then take it out and strain it whilst it is hot, and keep it in a vessel of glass. And when you use it, first heat it well, and apply it upon a wound without using any tent at all. This is excellent for a green wound, especially if there be veins, sinews, or bones offended or cut: It keepeth wounds from putrefaction, it cleanseth them, and easeth pain, and doth incarnate and skin them: It helpeth bruises, pains, aches, or swellings in any part; and is wonderful against venom or poyson.

61. *Oyl of St. Johns Wort.*

Take a quart of Sallad oyl, put thereto a quart of the flowers of St. John's wort well pick'd, let them lie therein all the year till the seeds be ripe; the glass must be kept warm, either in the Sun, or in water, all the Summer until the seeds be ripe; then put in a quart of St. John's wort seeds whole, and so let it stand twelve hours; then you must seeth the oyl eight hours, the glass being kept open, and
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the water in the pot full as high as the oyl is of height in the glasse; then when it is cold, strain it, that the seeds may not remain in the oyl, and then put up the oyl for your use.

62. Oyl of yolks of Eggs.

Boil the yolks till they be hard, and bruise them with your hands, or with a pestil and mortar; beat them in an earthen vessel glazed until they begin to froth, stirring them diligently that they burn not: being hot, put them in a linnen bag, and sprinkle them with Aromatick wine, and press out the oyl according to art.

63. To make Oyl of Mandrakes.

Take of common oyl two pound, juice of Mandrake Apples, or (for want of them) of the leaves four ounces, juice of white Henbane two ounces, juice of black Poppie heads three ounces, juice of Violets, and tender hemlock, of each one ounce: Set them all in the Sun, and after the tenth day, boil them to the consumption of the juice; then put in Opium finely beaten, and Styra^x Calamitis dissolved in a little Turpentine, of each half an ounce.

64. Oyl of Muskhow made.

Take two Nutmegs, Musk one dram, Indian leaf or Mace, Spikenard, Costus,
Mastick,

Mastick, of each fix drams; Styrax Calamitis, Cassia lignea, Myrrh, Saffron, Cloves, Cinnamon, Carpobalsamum, or Cubebs, Bdellium, of each two drams; pure Oyl three pound, Wine three ounces; bruise them as you ought to do; mix them, and let them boil easily till the Wine be consumed, the Musk being mixed according to art, after it is strained.

65. *How to make Oyl of Snakes
and Adders.*

Take Snakes or Adders when they are fat, which will be in *June* or *July*, cut off their heads, and take off their skins, and unbowel them, and put them into a glass gourd, and pour out so much of the pure spirit of wine well rectified, that it may cover them four or five fingers breadth, stop the Glass well, and set it in *Balneo* till all their substance be turned into an Oyl, which keep well stopt for your use.

This Oyl doth wonderful cures in recovering hearing in those that be deaf, if a few drops thereof be put warm into the ears. It's reported, that some have been cured that were born deaf, by using this Oyl.

66. To make Oyl of Worms.

Take of Worms of the earth washed and prepared, half a pound, White-wine two ounces, sweet Oyl two pound, boyl them to the consumption of the wine, and the washing of the worms; then strain the Oyl, and reserve it for your use: It mollifies, asswages pain, and is good for bruises and pains in the Joynts.

67. An Oyl for the Pa'sie.

Take a new earthen pot, and fill it full of Camomile, and stop it well, and set it in another pot underground for forty days; then take it up, and you shall find oyl therein, and anoint the place therewith; if it be thy head, anoint thy forehead; if thy hands, anoint thy wrists.

68. Oyl of Camphire.

Take two ounces of Camphire, dissolve it in four ounces of pure oil olive, then put them into four pints of fair water, distil them all together in a glass gourd, either in ashes, or Balneo, and there will distil both water and oyl, which separate and keep by it self; it is good against putrefaction, fits of the mother, passions

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passions of the heart; a few drops may be taken in any liquor, or the breast anointed therewith.

69. To make Oyl of Galbanum.

Take the purest Galbanum you can get; and put it into a glass, close luted, then set it in Balneo Mariæ, until it be dissolved; then distil it with a soft fire, and thence will come forth a fair yellow oyl, the which separate; this oyl being drunk, is good against any old Cough; and for such as are broken and bruised within, against Cramps, and shrinking of sinews; It is good against all venom, it is good against the Mother; it is good to anoint the side against the hardness of the milt.

70. Oyl of Frankinsence.

Take Frankinsence, as much as you will, and put it into a Retort of glass well luted, and put thereunto for every pound of stuff, four ounces of clean sand, and then distil it with a gentle fire until all the substance be come forth, and you shall have both water and oyl, which you must separate: the water is good against wind in the stomach; the oyl helpeth wounds, in three or four days; it helpeth
all

all aches, and bruises, if ye anoint them therewith.

71. *Oyl of Lignum vita.*

Take the freshest wood you can get, then put it into a vessel of glasse well luted, and set it in horse-dung to digest, than take it forth, and distil it with a gentle fire, and thou shalt have both oyl and water, the which you must separate; then take the feces, and put it into a new earthen pot, and set it in a furnace until it be burnt into ashes, then take the ashes, and make thereof a Lye of Fumitory water, and when the water will be no more sharp, cast then away the ashes, and vapor away the water with a soft fire, and in the bottom will remain a salt, which you shall dissolve and congeal until it be clear and fair. The water is to drink with wine; the oyl is to anoint sores or aches; it is also good against the Pox, Gout, or Palsie.

72. *Oyl of Rosemary flowers.*

Take Rosemary flowers and stamp them; then put it into a glasse with strong wine, and stop it close, then set it in the Sun five or six days, and then distil it with a soft fire, and thou shalt have both Water and Oyl,
the

the which you shall seperate, and keep close in a glasse. It helpeth against all pains in the head; it comforteth the memory, it is good for the eyes, it breaketh wind, and helpeth the Collick; the oyl helpeth all diseases of the body that come of cold and moist humours, it helpeth the canker and fistula.

OINTMENTS.

73. *An Ointment for a Rupture.*

Take of Sanicle two handfuls, of Alders-tongue, Doves foot, and shepherds purse, of each as much; of Limaria one handfull, chop them somewhat small, and boil them in Deers suet, until the herbs be crumbly, and wax dry.

74 *Flos Unguentorum.*

Take Rosin, Perosine, Virgin-Wax, of each half a pound; melt all these together, and put into them one quarter of a pound of Rosemary tops beaten small; put then to them all together, a pottle of white-wine, let them boil wel together, then strain them through a course linen cloth, into a pot or pan, & when it is cold, put the wine from it as much as wil, and melt the medicine again, and put therein two ounces of Camphire, Venice Turpentine one quarter of a pound, Sallet oyl half a pint, let it boil a little, and put it up in some gally-

gally-pot for your use. It is good for new or old wounds, for sinews shrunk, started, or sprung, to draw out thorns, or broken bones, healeth Biles, all aches of the reins and back, swelling of the members, and the eme-roids.

75. *Unguentum, Populionis, commonly called Pompilion.*

Take a gallon of Bores grease, as much of Popple buds when they first put out, and a handful of Smallage; stamp the herbs and the Bores grease together, put them together in an earthen pot well stopped, and set it in an horse dung-hill fourteen days together: then boil it over the fire about a quarter of an hour, keeping it still with stirring: when you are ready to take it off the fire, put thereto half a pint of the best sallet or olive oyl, and stir them well together; then let them boil a little, and strain it into an earthen pot, which being close covered, will keep good seven or eight years.

76. *Doctor Lewins Unguentum Rosatum, good for the heat in the back.*

Take a certain quantity of Barrows grease, of oyl of sweet Almonds and Rosewater, either red or damask, of each a like quantity, but of
neither

neither so much as of the Hogs greafe; beat them together in an ointment, put it in some gally-pot, and when you would use it, heat it, and therewith anoint the Back and Reins.

77. *Unguentum Sanatinum.*

Take of Turpentine one, of Wax six ounces, oyl of Camomil half a pint, put all together in a pan, and put to it a handful of Camomil bruised or cut very small: boil them upon a soft fire till they be well melted and no more; then take it from the fire, and strain it into a clean pan, and so let it cool all night, and in the morning put it up for your use. This Ointment is good for any cut, wound, or breaking of the flesh, it eateth away dead flesh, and ranklings, and doth heal again quickly.

78. *Ointment of Red Lead.*

Take of oyl of Roses a pound and a half, red lead three ounces, Litharge two ounces, Cerus one ounce and half, Tutty three drams, Camphire two drams, Wax an ounce and a half, make it into an ointment according to art, with a pestil and mortar made of lead.

79. *A bitter Ointment.*

Take of oyl of Rue, Savin, Mints, Wormwood, bitter Almonds, of each an ounce and

a half; juice of Peach-flowers and leaves, and Wormwood, of each half an ounce; powder of Rue, Mints, Century the less, Gentian, Tormentile, of each one dram; the seeds of Colworts, the pulp of Colocynthis, of each two drams, Aloes Hepatick three drams, Meal of Lupines half an ounce, Myrrh wash'd in grass water a dram and a half; Bulls gall an ounce an a half; with a sufficient quantity of juice of Lemmons, and an ounce and a half of Wax; make it into an Ointment according to art.

80. *A pectoral Ointment.*

Take of fresh Butter washed in Violet water six ounces, oyl of sweet Almonds four ounces, oyl of Camomile and Violets, white Wax, of each three ounces, Hens and Ducks grease, of each two ounces, Orris roots two drams, Saffron half a dram; the two last being finely powdered, the rest melted and often washed in Barley or Hyfop water; make an ointment of them according to art.

81. *An Ointment for an Ach, to be made at any time of the year, and is approved good, and bath helped all old pains, griefs and aches.*

Take Steers gall, Sallet oyl, and *Aqua vite*, of each five spoonfuls, boil them together a little, & therewith anoint the place pained by
the

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the fire, and lay a warm cloath on it.

82. *An Ointment for the Sciatica.*

Roast a handful or two of Onions, and take Neatsfoot oyl, and *Aqua vita*, of each a pint: stamp, or rather boil all these together to an oyl or ointment; and strain it into a Gallipot, and therewith anoint the place grieved, as hot as you can endure it, morning and evening.

83. *An Ointment for any wound or sore.*

Take two pound of Sheeps suet, or rather Deersuet, a pint of Candy oyl, a quarter of a pound of the newest and best Bee-wax: melt them all together, stirring them well, and put to them one ounce of oyl of Spike, and half an ounce of the Goldsmiths Boras, then heating them again, and stirring them all together, put it up in a Gallipot, and keep it close stopped, till you have cause to use it. This is an approved ointment to cure any wounds or sores, new or old.

84. *A Purge to drive out the French Pox, before you use the Ointment.*

Take half a pint of good *Aqua vita*, one ounce of Treacle of Gene, one quarter of an ounce

ounce of *Spermaceti*; boil all these together on a soft fire, half a quarter of an hour, and let the Patient drink this as warm as he can, and lie down in his bed and sweat; and if any of the disease be in his body, this will bring it forth, and bring him to an easie loosness.

This is thought the best and surest of all other Cures for this Infirmary.

85. *The Ointment for the French Pox.*

Take Barrows grease well tryed from the films, beat it in a Mortar, till it be small and fine; put thereto of Lethargy one ounce, of salt Peter two ounces, both in fine powder; of *Salgem* one ounce, of Mastick in fine powder two ounces, of *Olibanum* in powder one ounce, of oyl of Spike one ounce, oyl of *Pulliolum* one ounce, of Turpentine one quarter of a pound; beat all these together into a perfect Ointment, and therewith anoint these places.

86. *What places to anoint for the French Pox, Viz.*

The principal bone in the nape of the neck without the shoullder places, taking heed it come not neer the Channel bone, for then it will make the throat swell, else not; the elbows on both sides; the hip-bones, the share, the knees, the hams and the ankles. If the patient have no ach, anoint not these places, but only
the

the Sores till they be whole. If there be any knobs lying in the flesh (as many have) anoint them often, and lay lint upon them, and brown paper upon the lint; and keep the Patient close out of the air, and this used, will make him whole in ten days by the grace of God.

87. *Another Purge to heal the French Pox without Ointment.*

Take a great handful of *Carduus Benedictus*, of unset Leeks leaves and all, if they be great six, if small ten; cut these herbs small, and put them in an earthen pan, and with a quart of small Ale or white Wine, and one ounce of *Coloquintida*, boil them to half a pint of liquor, then strain out the liquor, and keep it in a glass, and two or three days before you set the Patient to sweat, if his body be of a strong constitution, let him drink half of it; if he be weak, a third part thereof, taking care that the Sign and day be good to purge in.

88. *An Ointment to kill the Worms in little children.*

Take oyl of Wormwood, oyl of Savine, and the powder of *Alo Cicatrina*, finely beaten, mix them together, warm them and anoint the belly therewith morning and evening, and this will kill the belly worms, for stomach worms anoint the stomach with oyl of Wormwood, & the belly with oyl of sweet Almonds

Almonds. You must not use any Savine in medicines for Maiden-children, but instead of Oyl of Savine, take as much of an Oxes Gall.

89. For the Worms.

Drink Mares milk as hot as you can have it from the Mare, in the morning fasting.

90. *An excellent good Medicine or Salve for any Ach coming of cold, easie to be made by any Country good Houfwife.*

Take of good Neatsfoot oyl, Honey and Wax a like quantity, boil them well together; Then put to them a quarter of so much of *Aqua vite* as was of each of the other: and then setting it on the fire, boil it till they be well incorporated together; then spread it upon a piece of thin leather, or thick linnen cloth, and so apply it to the place pained.

91. For a Pain or Ach in the Back.

Take Nepe, Archangel, Parsly and Clary, of each half a handful, wash them clean, cut them small, and fry them with a little sweet Butter, then take the yolks of three or four Eggs, beat them well together, and put them to the herbs, fry them altogether, & eat them

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fasting

fasting every morning, with some Sugar to take away the unsavoriness of the herbs. Some use to take onely Clary leaves, and Parsly washed, not cut; or Clary leaves alone, and pouring the yolks of the Eggs upon them, so fry them and eat them.

92. *A Searchcloth for all Aches.*

Take Ro sin one pound, Perrosin a quarter of a pound, as much Mastick, Deers suet the like, Turpentine two ounces, Cloves bruised one ounce, Mace bruised two ounces, Saffron two drams; boil all these together in oyl of Camomile, and keep it for your use.

93. *An excellent Ointment for any bruise or ache.*

Take two pound of *May*-butter purified, pour it out from the dreggs, and put in it of Broom-flowers, and Elder flowers, of each a good handful, so clean picked that you use nothing but the leaves; mix them all together in a stone pot, and boil them seven or eight hours in a Kettle of water, being covered with a board, and kept down with weights, keeping the Kettle always full of water, with the help of another Kettle of boiling water ready to fill up the first as it wasteth; and when it waxeth somewhat cool, but not cold, strain

strain the ointment from the herbs into a Gallipot, and keep it for your use.

94. *The cure of grievous pains and aches in the body.*

A dose of *Aromatico Leonardo*, and the application of *Emplastrum fetidum*, is an approved cure for grievous pains and aches in the knees, shoulders, or other parts.

95. *Aches coming by the Pox, healed.*

Purge twice or thrice with the said *Aromatico Leonardo*, then take for four or five days together, half a dram of the extract of *Hermordactiles* with white wine; then to the articular parts grieved, apply *Emplastrum fetidum*. This hath in short time cured one of a dark melancholy complexion, who was given over for incurable.

96. *Back weak or diseased, to strengthen.*

Take the pith of an Oxes back, wash it in Wine or Ale, and beating it very small, strain it through a course cloth, and make a caudle of it with muskadine or strong Ale, boil therein a few Dates sliced and the stones taken out, and drink it first and last as warm as you can, walking well, but temperately after it: Toasted Dates often eaten, are very good for the same.

97. *To take the Ague out of any place.*

Take Vervine and black Hemlock, of each an handful, boil them in a pint of fresh Butter till they be soft, and begin to parch again: Then strain the Butter from the herbs, and put it into a gallipot, and two or three times a day anoint the place grieved, with a spoonful or two thereof. *Probat.*

98. *For the Ague in children, or women with child.*

Take Venice Turpentine, spread it on the rough side of a piece of thin leather two fingers breadth, and strow thereon the powder of frankincense finely beaten, and upon it some Nutmegs grated; Bind this upon the wrists an hour before the fit comes, and renew it still, till the fit be gone.

99. *An easie and approved Medicine for a quartane Ague.*

Take a white flint-stone, (for it will best endure the fire without breaking) burn it in the fire till it be red hot, then quench it in ordinary Beer, and let the Patient drink of it a little before the fit cometh, and likewise in the fit; Let this be done three or four several days,

days, at that time, when the fit is expected. A woman by this only medicine, did cure divers of quartan Agues, when long and much Physick could not prevail.

100. *An Almond milk to cool and induce sleep.*

Take sweet Almonds blanched five pound, beat them in a stone mortar, sprinkling them now and then with a little barley water; at last put a quart of barley water to them, and four ounces of fine sugar; then strain it, adding two ounces of Rosewater. This may be drawn out with chicken broth, and sweetened with Sugar Candy in stead of other sugar.

101. *For an Andcome.*

Put half a dozen knots of a young oak into a fire-pan, and burn them to a red coal, and take Bores-grease and fine suet, and two or three corns of Salt, and stamp them very fine, and so make a plaister of it; and if it do draw and heal too fast, lay lime underneath the salve; dress it twice a day in winter; and thrice in summer.

102. *Liquid Amber, and its medicinal vertues.*

Take *Liquid Amber*, and distil it in a retort, and there from will come a red oyl. This oyl is used against all indispositions of cold, and moisture, or wind. The same healeth scabs, and is good for wounds. If you anoint the stomach therewith, it will exceedingly comfort the same; for it is a thing incorruptible, and like unto *Balsamum*.

103. *A most Sovereign Balsom for several diseases.*

Take five pints of Sallet oyl, one pound of Venice Turpentine, half a pound of Virgine Wax, or six ounces of red Sanders, half a pint of Damask-Rose-water; First put your oyl with six spoonfuls of Rose water into a clean skillet, or new pipkin, and let it boil a quarter of an hour; wash the Turpentine with the rest of the Rosewater, pare the wax clean, and cut it in thin slices, and put it into another clean skillet, or new pipkin, with the Turpentine; let them be well melted and mixed together, then pour the water from the oil (if you can see any) and put it into the Wax and Turpentine, and let them boil upon a gentle fire a dozen walms; Then take it off,
and

and put in the Sanders by two ounces at a time, mingling and stirring it well; then let it boil a dozen walms more, stir it to avoid burning, then strain it into a bason, and fill it into gallipots.

104. *A precious Drink for divers diseases.*

Take a good quantity of Rosemary, (when it hath the full sap in it) and bruise it in a Mortar, and put it into a linnen cloth, and put it in some Rhenish wine, and tye to the bagg of Rosemary, a stone, whereby it may sink into the bottom of the vessel, let it remain in it for the space of three or four days, then take it forth, and put it into a Dyet-pot, with a gallon of the same Rhenish wine, and seeth it, scumming of it clean until it be half consumed away, then put it into a glasse with a hole in it, within an inch of the bottom, that you may put in a quill to draw forth the wine from the lees, then put it into a clean vessel, and stop it very close, drink it inot till it be a Month old, and then take a glasse full, morning and evening; it is good for all defects in women, cureth the trembling of ihe heart, it helpeth the cough, it restoreth appetite, it purifies the blood, it is also good to wash any wound or fore.

105. *For a sudden bleeding at the nose.*

Burn an Egg-shell in the fire, till it be as black as a coal, then beat it to a fine powder, and let the party snuff it up into his nostrils.

106. *A Remedy for the spitting of blood, occasioned by the breach of some vein in the breast.*

Take Mice-dung beaten to powder as much as will lie upon a groat, and put it into half a glass full of juice of Plantane with a little sugar, and so give the Patient thereof to drink morning and evening; continuing the same, he shall be sound.

107. *To stop the bleeding of a wound.*

Take Vervine dried, and make it in powder, and put it in the wound, and it will leave bleeding. Burn also the sole of an old Hose, and put in the Ashes into a wound, and it will leave bleeding.

108. *To stop inward bleeding.*

Drink the juice of Nepe, and it will help you.

109. *A*

109. *A Medicine for those that are given to bleeding.*

Make a posset, take of the curd, and take liver-wort and beat it, and put the juice thereof into the posset-drink, and drink it morning and evening warm.

110. *To stanch bleeding at the nose.*

Take Bolearmoniack and the white of an egg, and vinegar, and beat them together, and make plaisters thereof, and lay them to your temples.

111. *To heal the Cut or sore Brest of a Woman.*

Take Bugloss and Yarrow of each two handfuls, stamp them, and strain them with the third part of a pint of good Ale, then stamp the herbs again; and strain them with an other third part of a pint of good Ale, then stamp and strain them again the third time, and you shall have near a quart of the Ale, keep this in a glasse close stopped, and let the patient drink of it first in the morning, and last in the evening three spoonfuls at a time; but if you make this for a sore brest, if the brest be broken, take three handfuls of Yarrow.

112. *A Medicine to break and heal sore
breasts of Women, used by Midwives,
and other skilful Women
in London.*

Boil Oatmeal of the smallest you can get, and red Sage together in running or Conduit water, till it be thick enough to make a Plaster; and then put into it a fit proportion of hony, and letting it boil a little together, take it off the fire, and while it is yet boiling-hot put thereto so much of the best Venice Turpentine as will make it thick enough to spread; then spreading it on some soft leather, or a good thick linnen cloth, apply it to the brest, and it will first break the sore, and after that being continued, will also heal it up.

113. *To drie up a womans Brest.*

Take of oyl of Linseed and *English* hony of each a peny worth, white wax half a peny worth, and half a quarter of a pound of sweet Butter; boil all these to a Plaster and lay it on the brest. Master Buxton. Colchester.

114. *An approved Medicine to encrease milk
in a womans Breasts.*

Take Fennel-roots, and Parsnip-roots,
and let them be boiled in broth made of
Chickens, let the woman eat of the same
roots, mixed with fresh Butter, which must
be as new made as possibly may be gotten.
Probatum est.

115. *For a stinking Breath.*

Take Rosemary leaves with the blossoms,
if you can get them, and seeth them in white
Wine with a little Myrrhe and Cinnamon,
and you shall find a marvellous effect, if you
use it often in your mouth.

116. *A gargle for an unsavory breath.*

Take Rose-water, Mirtle-water, Orange-
flowers-water, of each two ounces; Musk
three grains, salt a little more. Musk and
Ambergreece you may put in for greater per-
sons.

117. *For the Canker in a womans Breast.*

Take Goose-dung and Cellvdony, stamp
them well together, and lay it plaister wise to
the

the sore; it will cleanse the Canker, kill the worm, and heal the sore.

118. *For the Canker in the mouth.*

Take the juyce of Plantane, vinegar and Rosewater, of each a like quantity, mingle them together, and wash the mouth often with them.

119. *Of the Catarrhe or Rhume in the head.*

The Catarrhe is a moist vapour which assaulteth the head, and afterwards falleth down again into the stomack, where it ingrosseth and corrupteth. This moisture hath its beginning of the moisture of the lungs; and until the lungs be discharged thereof, the Catarrhe will continue in its force. It is predominant more in the flegmatick, then other constitutions. Such as are troubled with it, are not long lived, because their lungs consume by little, and little, and thereupon they are troubled with the Ptsick, and consequently perish, if not quickly relieved. See a rare secret to cure the same.

Take *Pulmonaria* and *Sena* that is fresh and new, infuse them in wine and water over a gentle fire, till the wine have drawn out the vertue; then strain it, and put thereto some
Quin-

Quintessence *Leonardo*, and keep it close in a glass: Let the Patient drink every morning three ounces luke-warm, for twenty days together; let him eat good nourishing meats, for they agree well with this disease: If the patient be not too far spent, you shall see your cure perform'd in a short time. In the mean time, if the patient be weak; let him take new-laid Eggs, and good white-wine; if the humidity be perceived not to be quite expelled and evacuated, then give him *Aromatico Leonardo*; afterward comfort him with Restoratives and Cordials, to make him strong, and no doubt, by the help of God, he shall be cured.

120. For young children that are weak in their limbs, and can neither go nor stand.

Take Sage, sweet Marjoram, of each a like quantity, beat them very well together, and strain out the juice, and put it into a double Vial glass, fill the glass as full as it can hold; then stop it with paste very close, and cover it with thick paste all over, and then set in an Oven, and there let it stand so long as a great loaf requires time to be thoroughly baked; then take it out, and let it be cold, then break the paste round about it, and if the juice be grown thick

thick, break the glass, and put it into a gally-pot, and keep it. When you will use it, take the quantity of two spoonfuls at a time, and as much marrow of an Ox-leg melt them together, and mingle them well, and both morning and evening anoint therewith (as warm as can be endured) the tender parts of the childs thighs and legs, and knees, chafing them well with yours hands; and so in a short time (through Gods blessing) it will be able to stand and go. Succesfully proved.

121. For breaking out of childrens heads.

Take of white Wine and sweet Butter, a like quantity, boil them together till it come to a salve, and so anoint the head therewith.

122. A medicine for the swelling of a childs Cods.

Bray red Rose leaves, and boil them in red wine an hour; then wet a cloth in it, and lay it to the childs Navel as hot as can be endured.

123. To heal children of the lunatick disease.

This disease happeneth to children by reason

son of a worm with two heads, which breedeth in their bodies, which coming to the heart causeth such a passion in the child, that oft times it kills them. The remedy whereof is this, Dry the tender stalks of a Wilding tree in the shadow; then stamp them well, and sift them, and take of the said powder, and roots of Gentian, myrrh and long Pyonie, of each a quarter of an ounce; all these well beaten to powder you must put in a dish, or some other vessel, and moisten them with a little water; then take of it with your two fingers, and wet the lips and mouth of the child: Do this three or four times, and you shall see the worm come forth dead with the excrements.

124. For a Consumption.

Take Ash-keys, so soon as they look withered, set them into an oven (the bread being drawn) in a pewter, or rather an earthen dish, and being dried, pill off the outside, and reserving the inner part of the seed or Keyes, beat them to fine powder, and either mix it with good English Honey, and so eat of it first and last, morning and evening, a pretty deal of it at once, upon the point of a knife; or else drink of the powder in some posset Ale or in broth. Mares milk drunk also warm morning and evening, is a sovereign Medicine for it.

125. *To make a China Broth for a Consumption.*

Of *china* root thin sliced, take two ounces, steep it in fair water twenty four hours, letting it stand warm all the time, being close covered in an earthen pipkin or iron pot; then put to it a good Cockrel or two Chickens clean dressed, and turn it well; then put in five-leaved grass, Maidenhair, Harts tongue, of each half a handful, Dates twenty sliced, two or three Mace, and the bottom of a manchet; let all these stew together, until not above one quart remains, then strain it, and take all the flesh, and sweet bones, beat them in a stone mortar, and strain out all the juice with the broth, then sweeten it with two ounces of white sugar-candy in powder, and take thereof half a pint at once early in the morning warm, and sleep after it if you can, and two hours before supper at your pleasure; when you steep the root, slice two drams of white Sanders, and as much red, and let them boil in the broth.

126. *A Broth for a Consumption.*

Take a course Pullet and fow up the belly; and an ounce of the conserve of red Roses; Borage and Bugloss flowers, of each of them half an ounce; Pine apple kernels and Pistaties, of each half an ounce bruised in a mortar;

tar; two drams of Amber powder, all mixed together, and put into the belly; then boil it in three quarts of water with Egrimony, Endive, and Succory of each a handful; Sparrow-grass roots, Fennel roots, Capers roots, and a handful of Raisins of the Sun stoned; when it is almost boiled, take out the Pullet, and beat it in a stone mortar, then put it into the liquor again, and give it three or four walms more; then strain it, and put to it a little red Rose-water, and half a pint of white wine, and so drink it in a morning, and sleep after it.

*127. An approved Jelly for one
in a Consumption.*

Take a Cock newly kill'd, and scald him and wash him clean; then take a leg of Veal, and cut away all the fat from it, and let them lie in water the space of five hours, and seeth them together in a gallon of fair running water, scumm off the fat, until you leave none at all on, and let it seeth over a soft fire, until the broth be half consumed. Then put to it a pottle of white wine, and let it boil till it come to a quart, and put in the whites of new laid eggs, clarifie it, and let it run through a Jelly-bag, then set it on the fire again, and put into it an ounce of gross Cinnamon, and a pound of fine sugar, and let it run three or four times through a Jelly-bag again, and
having

114 *Experiments in Physick,*

having made a jelly of it, eat thereof cold.

128. *An excellent Confortative for the Stomack, helping digestion, warming the brain, and drying the Rhumes.*

Take two ounces of good old conserve of red Roses, of chosen Mithridate two drams; mingle them well together; and eat thereof to bed-ward the quantity of a Hasel nut. This doth expel all windiness of the stomach; expelleth raw humours, and venemous vapors, causeth good digestion, drieth the Rhume, strengtheneth the memory and sight.

129. *For the Corns on the feet or toes.*

First pare away the corns, then take a black snail and bruise it, and put a drop or two of the juice thereof into the place grieved, and put thereto a little powder of Samphire; and it will take away the corn very speedily.

130. *A Cordial for the Sea.*

Take of Syrrup of Clove-Gilly-flowers, Mr. Montfords water, and Cinnamon water, of each an ounce; *Confectio Alcharmis* one dram, Borage water an ounce and a half, the like of Mint-water; temper all these together
in

in a Cordial, and take a spoonful at a time when you are at Sea.

131. *For the Ptisick and dry Cough.*

Take the lungs of a Fox, beat them to powder; take of Liquorice and Sugar Candy, a good quantity, a small quantity of Cummin, mix all these well together, and put them into a bladder, and eat of it as often as you think good in the day.

132. *An excellent Medicine for the Cough of the Lungs.*

Take Fennel and Angellica, of each one handful, the leaves in Summer, roots in Winter, sliced figgs twelve (but if the body be bound, twenty at least) green Liquorice (if you can) two or three good sticks, scraped and sliced, Annis-seeds cleaved and bruised two good spoonfuls, two or three Parsly roots scraped and the pith taken out, and twenty leaves of Folefoot; boil all these in three pints of Hyssop water to a pint and a half, then strain it out into a glass, putting as much white Sugar Candy to it, as will sweeten it: Drink hereof being warmed, five spoonfuls at a time, first in the morning, and last in the evening, taking heed that you eat nor drink any thing two hours, before or after: continue this till it be all done.

133. *A Medicine for the Chin-cough
for a child.*

First take Bores greafe, and warm the soles of the feet at the fire; then chafe them with it, and go to bed and keep them warm by lapping clothes about them.

134. *A Diet-drink to clear and temper the blood.*

Take Scurvy-grass half a peck, Brooklime, Watercresses, Acrimony, Maidenhair, Liverwort, Borage, Bugloss, Betony, Sage, sweet-Marjoram, Sea-wormwood, tops of green Hops, Fumitory, of each a good handful Ivory, Harts-horn, and yellow Sanders, of each one ounce; red Dock roots two ounces; Parsly, Fennel, Asparagus roots of each an ounce, Raisins half a pound; boil these very well in a gallon of Beer, then stamp and strain them, and put it into three gallons more of Beer to work together.

135. *A Diet-drink to open and temper the Liver.*

Take the roots of Fennel, Parsly, Dock, Corroch, Kneeholm, of each half a good handful; the leaves of Endive, Bugloss, Fumitory, harts-tongue,

tongue, Agrimony, garden-Wormwood, Cetrach, of each a good handful; the bark of the roots of Capers half an ounce; boil these in a convenient quantity of Whey, till a third part be spent; then clarify the same. Hereof drink in the morning fasting at the least half a pound at a time.

136. *A Diet-drink for a Canker in the mouth.*

First get a Diet-pot of the common sort, put into it half a pound of Liquorice scraped and bruised; half a pound of Annis-seeds bruised, twelve ounces of *Lignum vitæ* bought at the Turners, and an ounce of the bark of the same wood from the Apothecaries, half a pound of Raisins of the Sun stoned, a handful of Scabious, two ounces of Solypzilla, a quantity of white-Wine, and an ounce of *China*; then fill up your pot with fair water saving a pint; then cover the pot with his cover, and close it round about the brim with paste; then set it on a gentle fire of coals, and let it boil three hours, till the fourth part be consumed: Then put the clearest into bottles; and every morning and night, drink a good draught for fourteen days together. If you put a little of the wood into the fire, and there fry out of it somewhat like oyl, be sure it is good.

132. *To cure the Dropſie, be it hot or cold.*

Take of the tops of Red mint, of Archangel or blind nettles, and red Sage, of either of them ten or twelve, ſtamp them all together, and ſtrain the juice of them into ſome ſtale Ale, ſo much as will ſerve to drink morning and evening; do the like every day for nine or ten days together, and (God will in) will do away your diſeaſe.

138. *A medicine that hath recovered ſome from the dropſie, whom the Phyſicians have given over.*

Take green Broom, and burn it in ſome clean place, that you may ſave the Aſhes of it; take ſome ten or twelve ſpoonfuls of the ſame Aſhes, and boil them in a pint of White wine, till the vertue of it be in the wine, then cool it, and drain the wine from the dregs, and make three draughts of the Wine, and drink one faſting in the morning, another at three in the afternoon, another laſt at night near going to bed, continue this, and it will by Gods grace cure you.

139. *To open obstructions of the Liver,
and to preserve from the dropsie.*

Take every day half a dram of fine Rubarb thin sliced, with a spoonful of Currans steeped and washed in white wine two hours, then chop them finely with the Rubarb, and eat them fasting nine mornings together at the Spring and Fall.

140. *An approved Medicine for
the Dropsie.*

Take the herb called Bitter-sweet (it groweth in waters, and bears a purple flower) slice the stalks, and boil a pretty deal of them in white wine, and drink thereof first and last, morning and evening, and it will cure the Dropsie.

141. *A Bath to comfort the brain.*

Take a quart of Muscadine, sweet Marjoram a handful, Rosemary tops half a handful, and a few Cloves; boil them upon a soft fire to the one half, and bathe the head therewith often in the spring and fall of the leaf, drying it in with hot Napkins.

142. *For pains in the Ears, or deafness:*
Take a hot loaf, of the bigness of a Bakers
pen-

penny loaf, and pull or cut it in two in the midst, and lay the middle of the crummy side to the midst, or to the holes of the ear, or ears pained, as hot as they may be endured: and so bind them fast together on all night: and then if you find any pain in either, or both ears, or any noise, put into your pained ear or ears, a drop of *Aqua vitæ* in each, and then again binding more hot bread to them; walk a little while, and after go to bed: this done three or four days together, hath taken away the pain, hearing noise in the ears, and much eased the deafness and dulness of, and in many.

143. *For the Emrods.*

Take Egrimony, and bruise it small, and then fry it with sheeps suet, and hony, of each a like quantity, and lay it as hot as you can suffer it to the fundament, and it will heal you very fair and well.

144. *For the Pin and Web in the Eye.*

Take the Gall of a Hare, and clarified hony, of each a like quantity, mingle them well together, and anoint the Web with a feather dipped in the same, and within three or four days it will take it quite away.

145 *A Plaister to take away the Film
in the eye.*

Take a rotten Apple, the yolk of one egge, and as much grated Manchet as will make it pretty stiffe, and then put to it two spoonfuls of Egrimony water, two of Eybright water, and two of red-Rose water, or all six of red-Rose-water, for want of the other two; beat all these together, till it be stiffe enough to spread, then make a plaister of it and lay to the Eye, and when you take off the Plaister to renew it, wash the eye with some of these waters mixed equally together, to clear it again.

146 *A Medicine for Sore, Blood-shot-
ten, and Rheumatick eyes.*

Take ground Ivie, Daiesies and Celedony of each a like quantity; stamp and strain out the juice of them, and put to it a little brown Sugar-Candy dissolved in a little white Rose-water, and drop two or three drops of this liquor at one time, into the grieved eye or eyes with a feather, lying upon the back when you doe it, and an hour after. This by Master Waldgraves owne experience, and by divers others to whom he taught it, proved to be the best medicine for Eyes: for it taketh away all inflammations spots, webs, itches, smarting, or

any grief whatsoever in the eye, yea though the sight were neer-hand gone.

147 To make the face white and fair.

Wash thy face with Rosemary boiled in white wine, and thou shalt be fair; then take Erigan and stamp it, and take the juyce thereof, and put it altogether, and wash thy face therewith. Proved.

148 To take the heat out of the face.

Put elder flowers, Plantane, white Daisie-roots, and herb Robert into running water, and wash your face morning and evening therewith.

149 To take away the Spots or red Pimples of the face.

Take half a pint of rain water, and halfe a pint of good verjuice, seethe it till it be halfe consumed; the whiles it boileth, fill it up again with juice of Lemmons, and so let it seeth a pretty while; then take it from the fire, when it is cold, put to it the whites of four new laid egges well beaten; and with this water anoint the place often.

150 *A Secret to help all Fevers in
the beginning.*

When the Fever is new begun, give the Patient two drachms of *Aromatico Leonardo*, fasting in the morning : and the next day about the same hour give him an ounce of *Vegetable Syrup* ; and the third day give him four drachms of the sad *Electuario Angelica Leonardo* with broth, which taketh away the Fever all together. And this operation intendeth only to the *Continual*, *Quotidian*, *Tertian*, and putrified or pestilential Fevers; but not to the *accidental* or *Hectick*, nor *Quartane*, for these three kinds are much differing from the rest; because the accidental is caused of another infirmity anterior, or going before : The fever *Hectick* is caused of weakness of nature ; and the *Quartan* is caused of great quantity of melancholy humours; and they are cured by contrary means to the first : the accidental by helping the principal infirmities; the *Hectick* by helping nature, and preserving the liver and lungs from putrefaction ; the *Quartane* by Vomits, Unctions, Cerots, and drying drinks ; and these are great secrets to be known. For herein consisteth a great part of Physick and Chirurgery, if it be well considered.

151 To ripen, and heal a Fellon.

Boil Claret Wine and wheat flower to a poulteffe, and spreading it very thick, apply it as hot as you can endure it.

152 A medicine for a Fistula.

Dry Vervine upon a tile, and make powder thereof, and make clean the sore with a linnen cloth, and fill the hole full of the powder.

153 A medicine for the falling sicknesse.

Gather Germander in May, when it is in the blossome, dry it in the shadow, and make it into fine powder; and when you will use it, take the yolke of an egge or two, and stir and break it with the spoonfull of the said powder, then see the it, and give it the patient to eat; Do this morning and evening eight daies, abstaining from wine, carnal company of Women, from all pulke, beans, pease, vetches, tares, and such other; from sallets, salt fish, and from other things that are hard of concoction. A very good and notable secret.

154 For the Piles.

Set a Chafingdish or a pan of coals under a close stoole-chair, or in a close-stool-case, and strow Amber beaten in fine powder upon the coales; and sit down over it, that the smoak

smoak may ascend up into the place griev-
ed.

155 *An especial good Medicine to make
the Piles bleed.*

Beat the yolk of an egge, and some sallet
oyl or oyl, of Roses, together, with some
Saffron, and spread it upon a piece of Leather,
and lay it to the place grieved.

156 *A Medicine for the Piles.*

Take a little Orpine, Hackdagger, and E-
lecampane, stamp them all together with
Boars grease into the form of an oyntment,
and lay them to the place grieved.

157 *A Cullesse to stop the bloody flux.*

Take a gallon of fair running water, and
a quart of red wine, boil therein a Cock or
a Hen, of Bramble leaves, Ribworth, Oaken
buds, Plantain, Burfa pastoris, Knotgrace,
stones of Raisins of the sun, of each one hand-
ful: and so let them boil to the one half or
more. Then take one pound of unblanched
Almonds, stamp them and strain them with
this broth, and put thereto a box of Quidony
of Quinces, a spoonful of powder of Pome-
granate-rinds, the powder of Cinnamon and
of Rose leaves of each as much, two Cakes of
Manus Christi, half a Cake of *Terra Sigillata*,

and a little Sugar to make it sweet; boil them all together about one quarter of an hour, then strain out the liquor, and let the Patient drink thereof morning and evening an hour before he eateth any thing.

158 *Bloody flux cured.*

The fluxes of the body are no other but the distemperature of Nature, and are of two kinds; the one is caused of the distemper and evil quality of the Liver, and is called *Flusso Epetico*. The other is caused of great heat, feaver, and distemperament of Nature, and is called *Dysenteria*, that is a distemper of the guts; and both these sorts are hard to be helped by the Ancient Doctors, as it is well seen by those that practise; for they will help them with represson and restrictives; but that is not the way, if we shall believe *Galen*, who saith, *Fluxus fluxum curat*, which is most true; For many hundreds have been cured of the flux by giving them *Aromatico Leonardo*, and three or four doses of his *Syrupo Solutivo*.

But the *Dysenteria* or Flux is cured with *Electuario Angelica Leonardo*, and then every day after dinner stand in a bath of water of the sea, cold, two hours at least. This helps with much ease, and in a short time. But use it as a secret.

159 *Another for the bloody Flux.*

Distil Frogs as you do herbs or flowers ; or any thing else ; but you must put nothing to them but the frogs. Take two or three spoonfuls of this water in any thing you will drink, and you shall find present ease.

160 *A Medicine to cure the biting of all venemous beasts.*

As soon as the party feeleth himself bitten with any venemous beast, or as soon after as may be, take green leaves of a fig-tree, and press the milk of them three or four times into the wound : And for this serveth mustard-seed mingled with vinegar.

161 *An approved Medicine for the Gout in the feet.*

Take an Oxe his paunch new killed and warm out of the belly, about the latter end of May, or beginning of June, make two holes therin, and put in your feet, and lay store of warm clothes about it to keep it warm so long as can be: use this for three or four dayes together, for threeweeks or a month, whether you have the fit or pain of the Gout at that time or no, so you have had it at any time before.

G. 4

This

128 *Experiments in Physick,*

This hath cured divers persons, that they have never been troubled with it again.

162 *A Poultis for the Gout.*

Take new milk, white bread grated, and an handful of red Rose leaves; boil them together to the thickness of a poultis; then spread them on a linnen cloth, and apply them to the place grieved.

163 *How to cure all kinds of Gout.*

The Gout of what kind soever, whether hot or cold, or of any other temperature, proceedeth of one only cause, although they work divers effects, which come through the complexions of those that have it: As for example, In fat men it cometh alwaies with inflammation and redness, and great pain: In lean persons it cometh alwaies with pains, but with less inflammation: In cholerick and melancholick persons, it cometh with tumors and that is *nodosa*. The cause of this infirmity is an evil quality engendred in the stomach, in the liver, and in the blood; and the cure thereof is to ease the stomach of that evil, to purge the liver and the blood, and to mitigate the pain; All which thou maist do with these three remedies following; viz by *Pillole Magistrale Leonardo*, by the *Unction for the Gout*, and by the *Quinta Essentia solutiva*:

*utiv*o : The Pills discharge the stomack, the *QuintaEssentia solutiv*o purgeth the Liver and the Blood, and the Uction taketh away the pain : for if you remedie the Cause, which is only one, the effect will cease.

The manner of using these, is this : When you feel the pain begin to come, take two Doses of those Pills in the morning fasting, one day after another ; or if you will, rest a day or two, according to your strength. That being done, take every morning two drams of the foresaid *Quinta Essentia solutiv*o in half a porringer full of broth made with Veal, and a little sugar ; & this you must take five hours before meat : and keep no strait diet, but eat reasonably. And every night after supper anoint the grief with the foresaid Uction for the Gout, and thus, by the help of God, and the vertue of these medicines the Gout shall be cured.

165 *An approved Medicin for the
Green-sickness.*

Taste a quart of Claret wine, one pound of Currants, an handful of young Rosemary crops, add half an ounce of Mace ; see the these to a pint, and let the Patient drink thereof three spoonfulls at a time, morning and evening, and eat some of the Currans also after,

130 Experiments in Physick,

166 *The Green-salve, which closeth up
Sores being well drawn.*

Take halfe a pound of Wax, one pound of May Butter; set it on the fire and boile it: then take an handfull of Plantane, half an handfull of Ribworth, Brooklime and Smal-lage, of each as much; Valerian two handfulls, Organic, Tuttsaine, and three-leaved grasse, of each an handfull, groundIvie half an handfull, Elder flowers while they be green, an handfull: cut them smal and seethe them all together in the Wax and Butter, till they be ready to strain; then strain them, and keep the Salve either in gallipots, or in a round rol, rolled up in Parchment.

167. *To cleanse the Head, and take
the Ach away.*

Chaw the root of pellitory of Spain often in the mouth.

168. *Harts-horn Jelly.*

Take two ounces of Harts-horn, filed (not scraped) very fine; steep it in a quart of fair water, and let it stand so all night upon hot embers, stirring it when you go to bed, and covering it: In the morning put four pints of water more to it, then boil it a good space on
the

the fire till it will jellie, and when the liquor is almost three quarters boiled in, then strain it, and put to it a little Sugar and as much Juycce of Lemmons as will make it sharp, and a little Ambergreece: Then let it stand and cool, and so put it up for your use.

It is excellent good for those that are brought low with burning agues, giving them three or four spoonfulls fasting, morning and evening, and about nine in the forenoon, and three in the afternoon.

169 *To make a Potion that is good
against all Infirmities.*

This following Potion destroyeth all the evil qualities in our bodies, comforteth Nature, helpeth digestion, provoketh Urine, and looseth the body: which things are most comfortable to the body. The order of making it, is thus;

Taste ten ounces of the seeds of Quinces, the pills of Citrons six ounces, Balm, nettles, of each four ounces; beat all these grossly, and infuse them in twelve pound of strong white wine, and there let it remain six dayes; then distil it with six ounces of hony, and fifteen ounces of sugar, until you have received two pound of water; then take it from the fire, and let it cool, and strain it by

132 *Experiments in Physick,*

a filter; and then put therein the first water, and eight grains of Musk dissolved with about two ounces of Rosewater; and then for every pound of the said water, put thereunto one scruple of the oyl of Vitriol, and incorporate them well together: then keep it in a glass close stopped, that it take no air: And of this you may take one ounce in the morning (cold), and fast thereon: for whosoever they may be that shall use this in their health, shall seldom be sick, but shall live in much health.

For into this Composition there entreth the seeds of Quinces, which resolve the evil quality of the stomach, and make the heart merry: the Pomecitron-pills preserve and help digestion; the Balm purifieth the blood, healeth the Liver, causeth good digestion, and comforteth the heart: The nettles warm, provoke urine, mundifie the reins, and resolve the malignity of the sinews; The Wine comforteth nature, strengtheneth the head, and sustaineth the strength. The Muske is warm by nature, and resolveth the windiness, and purgeth the blood: The oyl of Vitriol healeth all the *Scoriationes* of the mouth, the breast and stomach, and preserveth the body from all corruption. So by this you may see of what importance this Composition is, through the vertue of the simples that are therein. So to conclude, I say,
this

this is one of the best Compositions that can be made, because of its nature: It letteth alteration in our bodies, and helpeth against all diseases and infirmities, and prolongeth life.

170 *An exceeding good remedy against
the yellow Jaundice.*

Take one handful of red nettle-tops, Plantane and saffron, and boil them well in a pint of Ale, then strain it, and drink thereof for four or five dayes together, and you shall find help.

171 *An excellent Receipt to destroy
any Impostume.*

Take of the roots of Flower-de-luces, and roots of Lillies, of each a like quantity; stamp them together, and put therein a quart of honey: boil them altogether either in wine or Ale: and when they are well boiled, then take the liquor thereof and strain it thorow a fine linnen cloth; and when occasion serves. let the patient drink two or three spoonfuls at a time, especially in the morning and evening, first and last, and this will speedily cure it.

172 *To make an Issue.*

Take Rice flowers and mustard-seed beaten to powder, and with water make a little paste, and lay a ring upon the place made of a rush, and applie it.

173 *A medicine for the Itch of the body.*

Take sweet butter, unwrought wax, vinegar, Brimstone, a little Rosewater, red Cloves, whole; boil them together till they be like a salve, then anoint the flesh three sundry nights by the fire therewith, and no more.

174 *For kided heels.*

Take a Turnep, make a hole in the top of it, take out some of the pith, infuse into that hole oyl of Roses, then stop close the hole, rost the Turnep under the embers, when it is soft apply it plaister wise warm to the Kibe; bind it fast.

175 *Of Waxing Kernels, called by some Scrophulæ, their cure.*

These kernels are commonly in the throats of young children, being caused by superfluous, melancholy humours corrupted, and are a kind

kind of Ulcers, very hard to be holpen, and evil to endure; for when they are broke they cause excessive pain, in that great abundance of humors runneth thereunto, and they are so hot and corrupt, that outward medicines alone will never help them, because they proceed from an inward cause. Therefore if thou wilt help them, remove the cause first.

First then give them the syrup against melancholy humors, which you shall find among the syrups in the Experiments of Conserving and Candyng: then give them a dose of *Aromatico* fasting, which will evacuate the stomach of choler and flegm, and dry up those humors that run to the sores. The Medicines to be applied are two; the first is Costick, which will mortifie it in 24 hours and take away the corruption: but the *Askæ* must not be taken away till it fall out it self. The other medicine to be applied to the sore is black Cerot of *Godfredo de Medick*, which is also written in *Galen*. Thus it will be cured in a short time as hath been proved.

176. *A special Receipt to destroy Lice.*

Take Frankincense and beat it into fine powder, and a good quantity of Bore's grease, boil them together in an earthen pan, and when it is boiled, anoint therewith the place where the lice are, and you shall be suddenly
rid

136 *Experiments in Physick.*

rid of them. Or taste Stavesacre beaten to powder, searced, and mingled with soap and Tobacco ashes, and anoint often therewith, it will speedily destroy them.

177 *How to cure the Measels.*

In the curing of this disease, it being only necessary to defend the heart, and preserve the stomach from corruption and putrefaction, you shall use this receipt. Take Julip of violets two ounces, Rose-water four ounces Oil of Vitriol four grains; mix them and let it be drunk cold. This is a most rare medecine.

178 *To cure the disease of the Mother.*

Take six or seven drops of the spirit of Castoreum, in the beginning of the fit, in two or three spoonfuls of posset-Ale, applying a plaister of Gavanum to the Navel.

179 *For the dead Palsie.*

Anoint the neck-pit often with *Oleum Benedictum*, and that will restore the speech; anoint also the place affected oftentimes with mustard against the fire, & after that bathe it with wine, & bathe it again morning & evening (if the party be young) with *Aqua vitae*, if old,

old, take a spoonful of *Aqua vitæ*, and half a spoonful of Sage-water distilled, and bathe it therewith; drink also every morning & night as much treacle as four Pease, in some stale ale.

180 *A Plaister for a bile or Push.*

Take a yolk of an egge, and half a spoonful of English honey, mix them together with fine Wheat-flower; and make it to a Plaister, apply it warm to the place grieved.

181 *A very good Plaister to heal and dry up a sore, or cut Suddenly.*

Take of Marigold-leaves, Porret blades or leaves, and Houseleek, of all two handfuls, beat them all very small in a mortar, and put to them the whites of two new laid eggs, and beat them very well till they be thoroughly incorporated with the eggs, and apply this till you be well. Renew it every day.

182 *A Plaister for the Stomack.*

Take of wood of Aloes, Wormwood, Gum-Arabick, Mastick, Cyprus, Costus, Ginger, of each half an ounce; *Calamus Aromaticus Olibanum*, Aloes, of each three drams; Cloves Mace, Cinnamon, Spikenard, Nutmegs, Gal-

138 *Experiments in Physick;*

Gallia Moschata, Schenambis, of each one dram and a half; with rob of Quinces make it into an emplaister; and when you have spread it upon a cloth, perfume it with wood of Aloes, and apply it to your stomach.

183 *A Preservative against the Pestilence
when it is first suspected,*

Tak a half-penny weight of English Saffron, two pennie weight of Bole Armenick, one penny weight of Mace, made all in fine powder, and of Treacle the quantity of a hasel nut, put them all in small Ale, lukewarm, mix it well with the Ale, and let the partie drink it, and lie down on a bed and lay upon him a temperate quantity of clothes, and so let him sweat two hours.

184 *An approved good drink for the
Pestilence.*

Take six spoonfuls of Dragon-water, two good spoonfuls of wine-vinegar, two penny weight of English Saffron, and as much Treacle of Jane as a little Walnut; resolve all these together upon the fire, and let the Patient drink it blood-warm, within twenty hours (or sooner) that he is sick, and let him neither eat nor drink six hours after, but lie so warm in his bed, that he may sweat. This expelleth the
disease

disease from the heart: and if he be disposed to a sore, it will straightwaies appear which you shall draw out with a plaister of *Flos Unguentorum*.

185 *A Medicine for the Plague.*

Take of Setwal grated one root, of Jane treacle two spoonfuls, of wine vinegar three spoonfuls, make all these more than lukewarm, steep them well together, and drink them off at once: Sweat after this six or seven hours, and it will bring forth the plague sore. To break which, lay a roasted Onion; also see the a white Lillie root in Milk till it be as thick as a Pultis, and lay it to the same; if these fail, lance the sore, and so draw and heal it with salves for Botches or Boils.

186 *Signs of death in the Plague.*

Take a live Frog and lay the belly of it next the sore; if the patient will escape, the Frog will burst in a quarter of an hour; then lay on another; and this you shall do till more do burst, for they draw forth the venome. If none of the frogs do burst, the party will not escape. This hath been frequently proved. Some say a dried toad will do it better.

187 *A water to drive out any infection.*

Take Dragons, Angelica, Rue, Wormwood, of each a handful; chop them pretty smal, and steep them in a quart of White-wine twenty, four hours; then distil them in a still, and reserve the water in a glass close stopped. Give to the sick patient, six or seven spoonfuls hereof, at a time fasting, and let him fast an hour and an half after, and keep himself very warm in his bed or otherwise.

188 *A Medicine for a Plurisie, Stich, or Wind offending in any part of the body.*

Gather the young shoots of Oak after the fall of a Wood, and picking out the tenderest and softest of them, especially those which look reddest, bind them up together in a Wet paper, and rost them in hot Embers as you do a Warden, whereby they will dry to a Powder; of which powder let the patient take a spoonful in a little Posset Ale, or Beer warmed, in the morning fasting after it two hours or more, if he be able, doing the like about three afternoon, & two hours after supper, four or five daies together; which thus done in the beginning of the disease, is by often experiments found to cure such windy pain in the
side,

mack, or other parts of the body. You may dry them also in a dish, in an oven, after the bread is drawn; you shall do well to gather enough of them in the spring, and make good store of the powder then, to keep for all the year following.

189 *A great and sore Plurisie
cured by M. R.*

A certain man of 24 years old, was vexed with a most grievous Plurisie, with a pricking, shooting and a cough, with a continual fever and inflammation of the tongue; First there was good store of blood taken from the liver-vein on that side where the pain was; then were these syrups (that do decoct and purge) ministered unto him. Take *Syrupi de Liqueritia, de Hyssopo, acetosæ, ana* one ounce; *Oximelitis squillitici, acet. squili. ana* three drachms; make thereof a loche. Of this he licked in the morning with a liquorise stick, which caused him to spit easily, and took away the heat or burning of the tongue, being used with this direction following; of French barley three ounces, *Carduus Benedictus M. i. Roses, Violets, ana P. i.* Liquorise scraped three drams, three figs, Raisins a pound and a half, Sugar Candy two ounces; Boil them in sixteen pound of water, till two pound be wasted, and so to drink them cold. His diet was also light and thin, as broth, and drink, &c.

190 *To take away Pock-holes, or any spots in the face.*

Wet a fine cloth in white Rosewater, and set it all night to freez, and then lay it upon your face till it be dry: also take three Poppies, the reddest you can get, and quarter them, taking out the garbage; then steele them in a quart of new milk of a red Cow, and with the water thereof wash your face.

191 *A Pultis to stay fluxes proceeding from a cold cause, to be applyed to the Belly.*

Take toasts of Bread, steeped in vinegar six ounces; beat it in a mortar, and add Mace, Mastick, Myrtle berries, stones of Raisins, Galany, Cloves, flowers of Pomegranates, of each one ounce; oil of Wormwood, and Mints, of each two ounces. Make a Cataplasme.

192 *For the heat of the Back.*

Take oyl of Roses six ounces and an half, and put it to a little wax, and four drops of vinegar, and anoint the Back therewith.

193 *Asst.*

193 *Asthma or the Pifick, and
its cure.*

This disease is cured four manner of waies:
First by letting blood under the tongue, cutting those veins overthwart, and sucking them as much as may be; which evacuates and opens the oppilation of blood; and easeth the lungs of all the offending matter. Secondly, By taking a dose of *Aromatico Leonardo*, which evacuateth the stomach of all evil qualities that offend the lungs. Thirdly, By eating every morning for a moneth together, one ounce of *Electuario de Althea*. Fourthly, By anointing the stomach every night with *Magno liquore* for speeding the cure, take every ten dayes a dose of *Electuario Angelica Leonardo*; and keep a sober diet, refraining Fish, Pork, Slimie things, spice, baked meats, cheese, and such like, which nourish grossly, and infect the blood.

194 *A very geod Poultresse for any Member swelled and inflamed, and not broken, to take away the pain.*

Take three pints of new milk, of stale Manchet crummes two handfuls, or so much as shall make the milk somewhat thick, adde thereto two handfuls of dry'd red Rose leaves,
and

and three ounces of Oil of Roses; boil all these together to the thicknesse of a Poultesse, then let it stand and cool, and while it cooleth, take a spoonful of oil of Roses and with a warm hand, rub the place grieved till the oil be dried in, and then lay the Poultesse as warm as you may indure it to the part inflamed: do this morning and evening for three or four dayes, as you shall see cause.

195 *An especial medicine for all manner of poyson.*

Take Hempseed, dry it very well, and get off the Husks, and beat the hempseed into fine powder; take mints also: dry them and make them into powder: Boil a spoonful of either of these in a half pint of Goats-milk, a pretty while, then put the milk into a cup to cool, and put into it a spoonful of Treacle, and stir them together till it be cool enough; then drink it in the morning fasting, and eat nothing till noon, or at least two hours; do the like at night, and use it so three dayes, and it will kill and overcome any poison.

196 *A very gentle purge. Gerard.*

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Take Borage, Bugloss, Balm and Fumitory, of each three drachms, Sene of Alexandria wel prepared and powdered two ounces, strow
th

the powder upon the herbs, and distil them, reserving the water to purge with, for such as cannot indure strong purges, it being taken in white wine, Sugar, or some other dainty waies, not offending the taste: you may according to the nature of the disease add Agarick, Mirabolanes &c. If Sene be infused in whey, and then boiled a little, it is very good Physick for melancholy, purging the Brain, Heart, Liver, Lungs, and Milt; it causeth a man to look young, breedeth mirth, cleareth the sight, and strengtheneth the hearing, it is very good against old Agues, and all diseases caused by melancholy.

197 *The purge for a Plurisie, Stich, or Wind :*

It may be given any sound man or wo-

man, at any time, in temperate

weather, not keeping their

Chambers for it.

Take a quart of running water, two handfuls of Currans well picked, Sene, Liquorice, and Annis seeds, of each half an ounce, and the quantity of two Races of Ginger sliced; boil all these together til the liquor come to a pint, then let it run thorow a Colender, and drink it three mornings equally, being warmed; taking only an hour or two after it, a little thin broth.

200 *Another Purge.*

Take halfe an ounce of Sene, two handfuls of Annis seeds, as much Fennel seeds, both

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brui.

bruised, a stick or two of Liquorice scraped, sliced and bruised, put them into a pint of Beer, boil them, scum them well, and let them seethe till there be but a pretty draught left to drink at one time; then take an ounce and a half of Manna, dissolve it in three or four spoonfuls of the hot liquor, and strain it thorow a thin cloth into the rest: then straining the liquor thorow a Colender from the other matters, put into it four spoonfuls of syrup of Roses, and drink it while it is warm, taking a little thin broth after it.

201 *The Purge of Assarabacca, which
the Lady A. D. used to rectify
her Stomack any way
offended.*

Take the weight of eight pence of Assarabacca-leaves; stamp them and strain out the juyce of them with a little fair water or warm broth, and mixing it with a little soft English honey, warm it, and drink it fasting; taking a little warm posset drink after it; and now and then a little more, at times between the Vomits.

202 *The Apothecaries Gascon's powder,
with its use.*

Take of Pearls, white Amber, Hartshorn,
eyes of Crabs, and white Corals, of each
half

half an ounce; of black thighs of Crabs calcined two ounces; to every ounce of this powder, put a drachm of Oriental Bezoar: reduce them all into a very fine powder, and searce them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a paste; and make therewith Lozanges or Trochisks for your use.

You must get your crabs for this powder, about *May* or in *September*; take them before they are boiled: When you have made these, set them neither by the fire, nor in the Sun, but in a dry air, till they grow hard. The dose is ten or twelve Grains.

203 *A powder for a Rupture.*

Take Shepherds purse, and Doves-foot, of each a like quantity, dry them until they rub to a powder, and drink thereof half a spoonful in half a pint of broth.

204 *A remedy for one that is burst.*

Take nine red Snails, put them between two Tiles, so that they slide not away; so dry them in an oven, then make them into powder; then give of that powder the quantity of one of those Snails in a draught of white wine, to the party every other morning fasting, who must not eat nor drink for two hours after.

205 To kill the Ring worm, and
the heat thereof.

Take a quart of white-wine Vinegar, boil therein of Woodbine leaves, Sage, and Plantane of each one handfull, of white Coperas one pound, of lūm as much as an Egge: when it is boiled to half a pint, strain out the liquor and therewith wash the sore as hard as you can suffer it.

206 *Rubarb and its vertues.*

The herb called in the Italian tongue *Lappacia Magiore*, or *Rombice domestice*, is a kind of Rhubarb, which among the learned Herbalists is termed by the name of *Rha recentiorum*, whereof one dram when it is new will loosen the body, evacuate choler, as the Rhabarbarum doth. It is very good against opilations, it purgeth the blood, and takes away scabs.

You shall have most precious medicines thereof, if you mix the green root with hony, Cinnamon, Saffron, Ginger, and the powder of Roses. If you rost the root in the embers, and mix it with condited-sugar, it breaketh waxing kernels (called *Scrophula*) and mundayes them, and healeth them in a short time. Some do mix it with the gum called *Ammoniacum*, and so do bring it into the form of an Unguent, and apply it to the parts affected with *Scrophula*.

207 *An approved good medicine for
running of the Reins.*

Make Almond milk of Plantane water, or
else boil plantane in the liquor, whereof you
make your Almond milk; take a quart of it,
and put thereto three spoonfuls of Lentine
farine, and three spoonfuls Cinnamon water:
take of this at six in the morning a good
draught, two hours before dinner another, at
four of the clock in the afternoon a third, and
two hours after supper a fourth; and twice or
thrice between meals eat a spoonful of con-
serve of red Roses at a time.

208 *A medicine for burning or scalding.*

Take Maidenwort, stamp it, and seeth it in
fresh butter, and therewith anoint the place
grieved presently.

209 *To take away the heat of a Burn, or out
of a scald.*

Roast eggs as hard as a stone, then take out
the yolks of them; then take a frying pan, and
put in the yolks of the hard eggs, and so let it
fry till it come to an oil, then strain it, and a-
noint the burn with it, then take a bladder
and anoint it with sallet oil, and lay it to the
burn.

210 *For one burned with Gun-powder or otherwise.*

Take one handfull of Groundfel, twelve heads of house-leek, one pint of goose-dung, as much chicken-dung, of the newest that can be gotten; stamp the herbs as small as you can, then put the dung into a Mortar, temper them together with a pottle of Bores-grease, labour them together half an hour, and strain it thorow a canvas-bag with a cleft stick into an earthen pan, and use it when need requireth: It will last two years.

211 *For the Scall or Scabinesse of the head.*

Take of red Sage, Woodbine leaves, and ground Ivie a like quantity, in all so much as a good handfull; boil them in a pint of Hogs grease a quarter of an hour, then strain the medicine from the herbs into a galli-pot, and herewith daily anoint the head. *Trobatum.*

212 *An approved receipt for a scald head.*

Take a candle, and let it drop upon it as hot as you can, in so doing it will scale off; then take the stale of a cow, and the furring of a whole chamberpot, boil these together and wash the place, and it will straight way cure it.

213 *To*

213 *To heal the white Scall.*

This noisome malady is perfectly cured by purging the patient with *Aromatico Leonardo*; and anointing his head with his *Oleum Philosophorum*, or his artificial Balsam, or his *Oleum Benedictum*.

214 *The black Salve.*

Take one pound of red Lead, finely ground, of oyl of Roses one pound and a half, of Bee-wax half a pound, of white wine Vinegar six ounces; boil them all together, and make a plaister of it.

215 *A salve for rankling where the skin is rubbed off.*

Take one pound of May-butter, clarify it, and take the purest of it, put thereto three ounces of English Wax, two ounces of Rosin, clarified by themselves, boil them all together, cool it and keep it in a Cake for your use. This also is a very good Lip-salve.

216 *A Barley Cream to procure slee:
or Almond-milk.*

Take a good handful of French Barly, wash it clean, in warm water, and boil it in a quart of fair water to the half, then put out the water from the Barly, & put the Barly in-

to a pottle of new clean water, with a Parsly and a Feel root clean washed and pick'd, with Borage, Bugloss, Violet leaves and Lettice of each one handful: boil them with the Barly till more then half be consumed; then strain out the liquor, and take of blanch'd Almonds a handful, of the seeds of Melons, Cucumbers, Cirruls and Goards husked, of each half a quarter of an ounce; beat these seeds and the Almonds together in a stone Mortar, with so much Sugar and Rosewater as is fit, and strain them thorow a clean cloth into the liquor, and drink thereof at night going to bed, and in the night. If this doth not sufficiently provoke sleep, then make some more of the same liquor, and boil in the same the heads, or a little of white Poppie.

217 *An outward medicine for the same.*

Take red Rose-leaves or Cakes, and fine white bread crummes, mix them well together, and wet them thoroughly with red Rosewater and Vinegar, and womans Milk if you can get it: then taking off the cold of it, lay it to the Temples of the head.

218 *A Receipt for a backward business.*

Take a pint of Milk, and make a clear posset with either Ale or Beer, and take off the curd very clean; then take a handful of Violet leaves, a handful of Mallow leaves (and the
flowers

flowers if you will) and wash them ; also take a handful of Damask Rose-leaves either dried or otherwise, and a good spoonfull of Anniseeds rubbed from their dust, and then bruised in a mortar, and so boil all together in the posset drink, till it come to somewhat lesse then a pint: then take it off from the fire, and put into it three spoonfulls of red sugar, then strain it out, and put into it three spoonfulls of the oyl of Camomile flowers: and if you have none of that oyl, then take as much Butter as two walnuts; also take the yolks of two new laid eggs, and beat them; then mingle all well together with a spoon, stirring it thoroughly, and then put it into the bladder, and so take it, but not too hot. Though red sugar be best and most usual for Glisters, yet if you have none of that, as much coarse powder-sugar will do it very well.

219 *A Glistar to open and loosen the Body
being bound, which may safely be mi-
nistr'd to any man or woman.*

Take Mallows and Mercury unwashed, of each two handfulls, half a handful of barley clean rubbed and washed: boil them in a pottle of running water to a quart, then strain out the water, and put it in a skillet, and put to it three spoonfulls of fallet oyl, two spoonfulls of honey, and a little salt: then make it luke-warme, and so minister it.

154 *Experiments in Physick,*

220 *A cooling Glister in hot diseases.*

Take Mallows, Violets, Lettice, of each a good handful, of the four greater cold seeds, of each half an ounce; twenty Prunes, Violets and Buglosse flowers of each a smal handful; boil them to a pint, and put in kitchin Sugar one ounce, and oyl of Violets three ounces. Or take barley and Linseed, of each two ounces; boil them, and to one pound put an ounce and a half of Sugar, one yolk of an egge, common oyl three ounces, salt one handful; take milk warmed one pound, sugar and syrup of Violets, of each two ounces. Make a Glister to cool.

221 *A Medicine that hath healed old sores upon the Leg, that hath run so long, that the Bones have been seen.*

Take a quantity of good sweet Cream and as much brimstone beaten in fine powder as will make it thick like paste, then take so much sweet butter as will work it into the form of an ointment, and herewith anoint the place grieved twice a day.

222 *Of the hidden secrets of Frankincense.*

The Pine is a tree which by nature is incorruptible, and the gum that runs from it is of great vertue & strength, because it preserveth those things wherein it is put; and when his elements are separated out of that gum, the
physician

phician may work strange things therewith against most part of infirmities that happen to mans body, if he apply them where they are convenient: for the water being drunk, helpeth wind in the stomack, Also it helpeth the white scall, and all such like scabs, if they be washed therewith morning and evening. It drieth up Ulcers; also is of marvellous virtue against chilblains and kibed heels, and chaps, and such like, in the hands or feet, that come through cold. Being thus used: First perfume the parts that are sore over the fume of hot water, so that they may sweat, then dry them and wash them with the aforesaid water, and anoint them with the oyl, and put on a pair of gloves or such like, and in very short time they shall be whole. The air helpeth much in wounds in any part of the body, because it preserveth the flesh from putrefaction, and keepeth it from alteration, and taketh away the pain, and healeth the sore: Also it preserveth the face, if it be anointed therewith. Moreover it is marvellous in old diseases inwardly, if ye give thereof every morning a drachm, with half an ounce of *Vegetable Sympo Leonardo*. The fire cureth sores and such like, and the earth remaineth in his state. Ye shall understand, that these are great secrets of importance which I have revealed of this Gum, and happy shall he be that useth them in the time of need. Now the order to make this oyl

256 *Experiments in Physick,*

isth us; Take as much Frankincense as thou wilt, and put it into a Retort of glasse, with the fourth part of common ashes, and set it to distil, and give it first a small fire until the oyl change colour: then presently change the Receiver, and augment the fire until all the substance be come out. Ye shall understand, that this oyl is best fresh: for when it is cold, it will wax thick, and cannot pierce so well.

223 *The secrets of Mercury, or Quick-silver.*

Quick-silver is a liquid Mineral, and volatile, which the Alchymists call *Sulphur volatile*, and will accompany with all other metals; but with a small fire they may be separated again, and will fly away in fume; and for that cause the Philosophers call it *Servus fugitivus*. as a man would say; it can hold friendship with none; but so soon as he hath done his service he flieth away, as it is seen by Goldsmiths that gild plate: for when they have laid him on with the gold, they put it to the fire, and he flies away; and the like it would do when any man doth occupie him in any sort of infirmity: and the order to calcine it, is this:

Take a long pot of stone that is very well glazed, with the neck a foot and half long and that hath a very narrow mouth, as is possible; and put therein two or three pound of Quick-silver, then set the same Pot in a sallet

let of Iron, and lute them close together, and set it upon a furnace, and give them fire according to art, until the Quick-silver remain calcined; having special care that your head and receiver be very well luted, lest you lose some part of the Quick-silver; and thus in eight daies it shall be finished, which shall be apt for solution. Also this calcination serveth to divers and sundry medicines; it mortifieth corrosive Ulcers without any pain. The solution is made in this order.

Take the said Calx, and put it into a long-neck'd glass, & put thereon distilled vinegar, and set it in warm sand four & twenty hours, and then give it one warm, and when it hath boil'd, pour out the vinegar, & then if there remain any feces in the bottom, put in fresh vinegar, and do as thou didst before; & this thou shalt do so often, till it be dissolved into water; and when all is dissolved, evaporate away the vinegar, that there remain but little in the bottom, then put thereto water of hony, made by distillation, and so the solution of Mercury shall be finished, which is miraculous in many infirmities. It serves against the cough, Catarrh, and for those that have their stomacks putrified with the Pox, using it with other syrups and potions, It helpeth those whose milt is indurated; and also for those that have any kind of Fistula in any part of the body: It is also good for divers other things which I will not

not insert here, because others should endeavour too, by exercise to find out other secrets thereof as I have done.

224 *To make the representation of the whole world in a glass.*

Take of the purest sal-Nitre as much as you please, of Tin half so much, mix them together, and calcine them hermetically; then put them into a Retort, to which annex a glass receiver, and lute them well together: let leaves of gold be put into the bottom thereof; then put fire to the Retort, until vapours arise that will cleave to the gold: augment the fire till no more fumes ascend; then take away the Receiver, and close it hermetically, and make a lamp fire under it, and you will see presented in it the Sun, Moon, Stars, Fountains, flowers, Trees, Fruits, and indeed, even all things; which is a glorious sight to behold.

225 *A plaister for the Spleen.*

Take dry Lillies, Marsh-mallow roots, Alifander seed, of each one ounce; of the bark of Elme, the bark of Ash, Broomseed, of each two ounces; all these being in powder, let them be sodden in strong vinegar, then put thereto half a dram of powder of Cummin, one ounce and an half of the powder of the bark of Capers, three drachms of the powder of Rue then put thereto one ounce and three drachms

drachms of Gum Armoniack dissolved in vinegar, tempering it with wax and Turpentine, make thereof a Plaister.

225 *An excellent good Plaister against the Stone.*

Make Plantane, Fetherfew, Garden Tansie, and Housleek, of each of them a like quantity, then stamp them all together, and strain them; take the juyce thereof, and put into it as much bean flower as shall make it thick; then put three or four spoonfuls of honey, and clarify the same upon the fire, then boil them all together, till they become stiffe like a plaister, then put it into a galli-pot, and when you use it, take a cloth double of the breadth of a quarter of a yard; and as long as to go round about you, and spread the plaister upon it, and fow it up hard about the middle, and so wear it two daies and one night, and you shall find much ease thereby.

226 *In a fit of the Stone, when the water stops.*

Take the fresh shels of Snails, the newest will looke of a reddish colour, & are best: take out the Snails, and dry the shels with a moderate heat, in an Oven after the bread is drawn. Likewise take Bees and dry them in the same manner and beat them severall into powder: then take twice so much of the Bees powder as of the Snails, & mix them well together; keep it close covered in a glass, & when you use it,
take

take as much of this powder as will lie upon a sixpence, and put it into a quarter of a pint of distilled water of Bean flowers, and drink it fasting, or upon an empty stomach, and neither eat nor drink for two or three hours after. This will both cause the urine to come away, and bring the gravel or stone away with it, and hath done very much good.

227 *A Medicine for the Stone.*

Pellitory of the wall, smallage, Holoaks, Mallows, Tanfie, and Saxifrage; of each take an handful: chop them small, and quilt them in a little linnen bag: then take three pints of Cream, half a pint of Malmſie, a quarter of a pint of running water, and set them on the fire; and when it doth seethe, then put the bag of herbs into the pot, and when the bag is thoroughly hot, wring it between two trenchers over the pot to save the liquor: then lay the bag to the grief as hot as you can suffer it; and as soon as it cooleth, make it hot again in the same liquor, and so apply it to the grief.

228 *Another very good medicine for the Stone.*

Make a posset of a quart of Rhenish wine, a pint of Ale, and a pint of milk; then take away the Curd, and put into the drink two handfuls of Sorrel, one handful of Burnet, and half a handful of Balm: boil them together a good while, but not too long, lest the drink be

too unpleasant: then take of the drink a quarter of a pint, or rather half a pint at once, at morning and to bedward, putting therein first two or three spoonfuls of juice of Lemmons: This is an excellent medicine for the Stone in the Kidnies, to dissolve and bring it away, It is very good in these diseases of the Stone to use Burnet often in your drink at meals; and often to steep it in over-night, and in the morning put in three or four spoonfuls of juice of Lemmons, & to drink thereof a good draught every morning a week together, about the Full Moon, three daies before, and three daies after.

229 *To dissolve the Stone, which
is one of the Physicians
greatest secrets.*

Take a peck of green Bean Cods, well cleaved and without dew or rain, and two good handfulls of Saxifrage, lay the same into a Stil, one row of Bean Cods, another of Saxifrage, and so distil one quart of water after this manner; and then distil another proportion of Bean-Cods alone, & use to drink of these two waters. If the patient be most troubled with heat of the reins, then it is good to use the Bean Cod water stilled alone more often, and the other upon coming down of the sharp gravel or stone.

230 *A Stove to sweat in.*

I know that many Gentlewomen, as
wel

well for clearing of their skin, as cleansing of their bodies, do now & then delight to sweat, For which purpose I have set down this manner following, as the best that I ever observ'd. Put into a brass pot of some good content, such proportion of sweet herbs, and of such kind, as shall be most proper for your infirmities, with some seasonable quantity of water; close the same with a cover fit for it, and well luted with paste made of flower, and whites of eggs. At some part of the cover you must let in a leaden pipe, (the entrance whereof must also be well luted;) this pipe must be conveyed thorow the side of the chimney where the pot standeth, in a thick hollow steele of a bathing tub, crossed with hoops in the top, according to the usual manner, which you may cover with a sheet at your pleasure. Now the steam of the pot passing thorow the pipe under the false bottom of the bathing tub, (which must be bored full of big holes) will breathe so sweet and warm a vapour upon your body; as that (receiving air by holding your head without the tub, as you sit therein) you shall sweat most temperately, and continue the same without fainting. And this is performed with a small charcole fire maintain'd under the pot for this purpose. Note that the room should be close wherein you place your bathing tub, lest any sudden cold should happen to offend you whilst your body is made open and porous to the air.

231 *Against surfetting and indigestion.*

Take the bottom of a Wheaten loafe, and toast it at the fire till it be very brown and hard, then take a good quantity of *Aqua vite*, and put upon the same so toasted, and put it in a single linnen cloth, and lay it at the brest of the patient all night, and with the help of God he shall recover, and shall vomit and purge soon after.

232 *To make a tooth fall out of it self.*

Take wheat flower and mix it with the milk of an herb called Spurge, make thereof a paste, and fill the hole of the tooth therewith, and leave it there, changing it every two houres, and the tooth will fall out.

233 *To take away the cause of the pain in the teeth.*

Wash the mouth two or three daies together in the morning every month with white wine, wherein the root of Spurge hath been sodden and you shal never have pain in your Teeth.

134 *For a hollow tooth.*

Take two or three drops of *Aqua fortis*, and dip a little lint therein, and stop the hollow place therewith, & for an hour or thereabouts it wil put you to some pain; but in a very short space after, it will give you ease. Use this twice or thrice, & it wil quite expel the pain for ever after

164 *Experiments in Physick,*
after, without perishing the tooth at all.

235 *For the Rheume in the Gumms and Teeth.*

Boil Rosemary in fair water, with some ten or twelve Cloves-slit; and when it is boiled, take as much Claret-wine as there is water left, and mingle with it; and make it boil but a little again, then strain it into some glasse, and wash your mouth therewith morning and evening; this will take away the Rheum in a short time. And if you boil a little mastick therewith, it is the better.

236 *To cure a Tetter.*

Take a quarter of an ounce of Mercury, and a penny weight of Camphire, make them into a powder, & rub them in a poringer, and mix them with four or five spoonfuls of water of the Vine, stir them wel together, then put as much more water to that, and strain them through a cloth, then take a quarter of an ounce of Poppy-seeds, with a spoonful of the water of the Vine, and beat in a mortar, till you have spent the quantity of a pint; adde to it halfe an ounce of milk Cokernut, mix them together, and strain them, and keep it in a glasse for your use.

237 *Tobacco, its vertues and uses.*

Take of the green herbe and root three pound & an halfe, stamp it in a mortar with a little salt, then put it in a glass with six ounces
of

of the spirit of wine and set it a whole month in horse dung to putrifie; Then distil it in Balneo till all the substance be come out; and put as much *Oleum sulphuris* into it as will make it tart; then keep it close from air. A spoonful every morning will help against the Fever in a short time. It speedily cures Ulcers or Scabs, by drinking a spoonful every morning, and washing the sores therewith.

238 *A Diet for the Patient that hath Ulcers or wounds that will hardly be cured with Ointments, Salves or Plaisters.*

Take one pound of Guaicum, boil it in three pottles of Ale, with a soft fire, to the consuming of two parts: but if it be where you may have wilde Whey, or Cheese-Whey, they are better; let the Patient drink of this, morning and evening half a pint at a time, and let him sweat after it two hours. His drink at his meals must thus be used; put into the same vessel where the former was made, to the Guaicum that is left, three pottles of Ale (and not whey) let it boil to the one half; let him drink thereof at all times, and at his meals, which must be but one in a day, and that so little, that he may rise hungry; this must he do five daies together: but he must first be purged.

239 *To help ulcers of all sorts.*

Seeing Ulcers are of divers and sundry kinds;

kinds; it's necessary to know of what kind and quality they are, so that thou maist help them in form and order convenient. And first of the corrosive Ulcers, as of a wound gangrenated of *Mal di formica*, and of other sorts of Ulcers that go creeping on the flesh. The cure of these is, by applying quickly *Causlick* to mortifie the evil; which thou shalt do thus, Wet a little bumbast in the said *Causlick* and therewith wash all the sore, and then leave it so open four and twenty hours without binding it fast, and when twenty four hours are past, wash the sore with strong vinegar and water of an equal quantity, with great care that there remain none of the *Causlick* in the sore: then lay thereon butter washed with a Colewort-leaf, until the askar or dead flesh fall; then take *Cerrot Magistrale*, with a little *Precipitate* strewed thereon, and then anoint it with *Magno Liquore*, and lay it upon the sore; for this *Cerrot* helpeth all manner of corrosive Ulcers, without any other help; and every plaister will serve three or four daies, taking them off every twenty four hours, and making them clean, and then lay them on again. As for the filthy Ulcer abovesaid, you shall dress it only with the *Unguento Magno Leonardo*, which (with out any other help) will heal them quickly: but you must every four daies touch them with *Aqua-fortis* drawn from *Precipitate*, which water draweth forth the offensive

fenfitive matter, and leaveth it purified and clean. As for all other forts of Ulcers, *Magno Liquore Leonardo*, with Balm artificial, oyl of Wax and Turpentine, the black Cerrot of *Godfredo di Medic*, and the before-faid Cerrot *Magistra'e* with *Precipitate*, are able to help, be they never so evil.

240 *An approved Remedy to stay Vomiting, by M. R.*

A man of thirty years old was troubled a long time with fore vomiting, throwing up presently whatsoever he ate or drank, and was relieved by this receipt. Take of Malmsey six ounces, oyl of Vitriol six drops or more; mix them together, and take thereof every morning fasting an ounce, or thereabout, and in short time it wil stay the vomit.

241 *A receipt for to make Vomits.*

Take of the glasse of *Antimony* pounded as small as may be, five grains; infuse the same all night in four ounces of white wine, shaking it divers times: early in the morning pour out all the clear part, whereunto add one ounce of *Oximel Ful nixans*, so take it drinking after every vomit a draught of posset-Ale.

Or take of *Mercurius vite* five grains in a spoonful of white wine. Or take two ounces of *Crocus Metallorum*; Or take warm water wherein a Rhadish root hath been boiled, adding to it a little sallet oyl; also a little Oximel

mel of the squil may be added. This vomit is taken specially for the weaknes of the stomack, and for four or five daies together, it is taken for expelling the flegmatick and maligne humours.

242 *To kil Warts, an approved medicine.*

Take a Rhadish root, scrape off the outer side of it, and rub it all over with salt, then set it (thus dressed) upright in a Sawcer, or some other smal dish, that you may save the liquor which runneth from it, and therewith anoint your Warts three or four times in a day, (the oftner the better) and in five or six daies they will consume away. *Sape Probatum.*

243 *For one that cannot make water.*

Take the white strings or filmy roots of Prime-roses, wash them very clean; and boil of them half a handful in a pint of Beer or whitewine, til half be consumed; then strain it thorow a clean cloth, and drink thereof a quarter of a pint somewhat warm, morning and evening, for three daies; and it will purge away all viscus or obstructious stopping the passage of the water. *Probatum.*

244 *An excellent medicine for a child that cannot make water.*

Kill three or four hive Bees, then dry them upon an hot slate; being thorow dry, bruisse them to smal powder, then put the powder into a quart of smal Ale, and give it the patient

to

to drink, and he shall have present remedy.

245 *For one that pisseth blood.*

Take Toutsain, Sanguinary, and Parsley, of each one handful, stamp them together very small, and mix the herbs, juice and all together with warm Goats milk, and drink a good draught thereof fasting every morning.

246 *To kill the wilde fire.*

Take Plantane, Sorrel, Marigold leaves, of each one handful; stamp them and strain out the juice, and boil it with twice so much vinegar, and put it up in a glasse for your use.

247 *How to order a woman with child, before, in, and after her labour.*

To preserve the infant, and prevent abortion, take Coriander seed prepared 2 drachms, of the root of Bistort, the shavings of Ivory, & red Coral of each a dram; of white Amber, Crystal, of each a scruple; *Alkermes* half a scruple, Sugar dissolv'd in four ounces of Rose water; make tables, each of them weighing a drachm. Let the patient take one every other day morning and evening: between whiles let her sup a rathe new egge, thickened a little with *Magisterium of Pearl*, or fine powder, or red Coral. But if her breasts after their filling should begin to lessen and fall, it is a sign of future abortion; to prevent which, let her take

root of Bistort, and Corianders, of each two drachms; of unripened Gales, red Sander, and Hypocistidos, of each one drachm; Gum Labdanum, Mastick, of each half an ounce; choise Frankincense, Bdellium (the Gum of a tree in *Arabia*) of each two drachms; Coral, Amber, of each one drachm; Powder those which are to be powdered, and with oyl of Turpentine and Wax make two or three Cere-clothes; apply them sometimes to her loins and sides, and sometimes under the Navel. She must avoid all sudden and violent motions both of the mind and body, as Coughs, sneezings, Frights; also spices and strong wines. And thus much before labour.

In labour, to procure ease and speed, take three or four drops of the distilled oyl of Nutmegs in a spoonful of white wine. Or, Take white Dictamn-root, Stones of Dates, Borax, of each two scruples; Cinnamon, Cassia lignea, Amber, fine pearl, of each one scruple; Saffron half a scruple; make a smal powder, which divid into two equal parts; and let her take one part in a draught of the water of Lilies or posset-Ale made with Rhenish wine; and the other part let her take about six hours after, if need require.

If she should be subject to fainting or swooning before or after Labour, take now & then a spoonful of this excellent Cordial following. Take Borage water, Rose-water, Strawberry

Strawberry water, and Rhenish wine, of each two ounces; species of *Diamargaricum frigidum* one scruple; make a warm infusion for the space of an hour, then strain it, and add thereunto *Manus Christi* made with Pearl four ounces: Syrup of Baum one ounce. Syrup of Gilliflowers, two ounces; Oriental Bezoar, Unicorns horn, and Ambergreece, of each six grains. Make a Cordial Julep.

Many times after labour great pains follow women newly delivered, for which this plain simple remedie is very good: Drink a good draught of beer boiled with a spoonful of Camomile-flowers; and in greater pains let her drink six ounces of the oyl of sweet almonds fresh drawn.

To dry up milk, a quick and safe remedy is new sponges wet in vinegar (where a handful of Comminseed boiled is bruised) tyed close to the breasts, anointing them with *Unguentum populeum*.

To procure store of milk, use posset-drink made and boiled with Fennel, and the sweet feeds of Annis and Fennel. These Remedies are approved to be safe, sure, and forcible to effect what is propounded.

248 To bring a woman to speedy birth.

Take of piony root dried, as much as half an Almond, beat it to very smal powder, and give it the woman to drink in an Ale-berry.

249 *For the same.*

Take Hyfop, Vervine and Betony, of each one handful, stamp them small with some old Ale, and strain out that Ale and juice, and put as much more ale, as will make a pretty draught, and let the woman in her labour drink it, and she shall be speedily delivered.

250 *For a dead child in a womans body.*

Take juice of Hyfop, temper it in warm water, and give it the woman to drink.

251 *A medicine for a woman in travail.
to make her have Throws.*

Take Coral, Amber, Date-stones, Pearl, Piony seeds, Saffron, Commin: beat all these in powder, and put it into Malmſie and take Unicorns horn, and put it into a spoon with a little Malmſie, and give it to her; and presently let her drink a draught of the Malmſie with the powder aforeſaid, warming it a little.

252 *A medicine for the falling down of
the Matrice to the bearing place.*

First take chickweed and ſeethe it in an earthen pot; then lay of it upon a piece of ſcarlet, as hot as the party may ſuffer it; Let her take it to the privy place; and as one plaister cools ſo lay on another, and uſe it.

253 *Another to be laid to the navel, and
to the back right against the Navel
for the same use.*

Take an Onion . and roſt it very tender;
then take of Alifander-seeds, and bruise them
in a wooden dish, and mingle the onion and
bruised seeds together, and lay it upon a piece
of linnen cloth ; so lay it to the Navel a little
warm; rowl that on, and let it lie on four and
twenty hours; then change it and take a new
one til it be cured. It availeth much, that the
midwife hold Musk below (tyed in a little
Lawn) to draw down the child.

Take Torch wort, and lay a leafe of it to the
crown of a womans head warm, to stay other
flowers.

254 *Immoderate flux menſtrual, ſuppreſ-
ſed or ſtayed.*

Take the roots of Orpine and Comfry thin-
ſliced, Clary, of each as much as you pleaſe;
boil them with a Chicken , and with that
broth make Almond milk, and to every hand-
ful of Almonds add one ſcruple of Labdanum;
grind them well together and drink thereof
morning and evening. Alſo anoint the reins
and grieved parts with this ointment ; *Ungu-
entum album camphoratum* two ounces, *Sacca-
rum ſaturni* two drachms ; mingle them and
make an ointment.

255 *For a woman that hath too much
of the flowers.*

Burn the foot of a Hare to powder, and drink thereof with red wine and Cinnamon, first and last, nine daies; and it will help her.

256 *To stop the whites in Women.*

Fry Hemlock in swines grease, lay it as hot as she may suffer it to the secret place.

257 *Another for the same.*

Of new milk of a red Cow take a quart, ten spoonfulls of red Rosewater, or Pomegranate pil beaten, and a little Cinnamon beaten; and seeth it half away: sweeten it with sugar, and drink a draught morning and evening, and two whites of eggs beaten.

258 *To make Pomatum.*

Take the Leafe of a hog new killed, lay it in water nine daies, keeping it close covered and shifting it three times a day; then take it out of the water and beat it with a wooden pestil in a stone mortar; then put into a great galli-pot a branch of Rosmarie, half a pound of Almonds blanch'd and beaten, a quarter of a pint of Rosewater, three or four large Mace bruised, a grain of Musk bruised, and upon them all put in the hogs-leaf so beaten, and over it close; Then take a brass-pot,
fil

fil it so full of water, that the galli-pot may stand two or three inches above the water in the same pot; set the brasse pot on a Charcole fire, or such another fire as may make it seeth apace, and have no smoaky-brands about it. Set a waight on the top of your galli-pot, lest it swim and fall, and then let the brasse pot boil so fast as may make the gallipot seeth also, and so let it seeth three hours, keeping in a kettle by on another fire, some seething water, to fill up the brasse pot still as the water shall evaporate out of it by seething; then take out your gallipot, stir the stuff in it well together, and strain it thorow a fine cloth (which you must be sure must have no holes in it) into another gallipot of the same size; and set that with the matter so strained in it, into the brasse pot close stoppt, and let it boil for an hour, then pour it into little gallipots, for your use; but binde them not up til they be thoroughly cold.

*Several Compositions of great Use
in this second part of this Manual,*

259 Magno Liquore, which is of
great vertue.

TAKE sweet Sallet oil twenty pound, white-wine two pound, boil these together un-

til the wine be consumed, then put it in a vessel of stone, and put there-unto these things following.

Take the flowers of Rosemary three pound, Lignum aloes six ounces; Olibanum, Bdelium, of each ten ounces: then stop it very close, and bury it in the ground four foot deep; and this would be buried in the beginning of August, and there remain until the month of March, then take it forth of the ground, and set it in the Sun, and put thereto these matters following. Sage, Rosemary, Rue, Bettony, Millifoly, Comfry roots, Tamero, Viticella, of each one handful; Gallinal, Cloves, Nutmegs, Spikenard, Saffron, one ounce; Sarcocolla, Sanguis Draconis in grain, Mastick, one ounce; Aloes hepatick, *Rasa di pino*, of each eight ounces; yellow wax, *Auxungia*, of each eighteen ounces, *Colophoni* one pound, Hypericon with the seed and all, one pound; Musk one drachm, mix them all well together, and boil them in Balneo until the herbs become dry, & have no more substance, then it is boiled; then take it forth and strain it; and put thereunto for every pound six drachms of balm artificial; and when the month of Sept. cometh, put thereunto two pound of the fruit of the herb called Balsamina, which is red, and then it is ended; which thou shalt keep in a glasse close shut: for the older it is, the better it is; and it is of such vertue, that it helpeth the Pticke, & Hydropisie,
if

if ye give them every morning four drachms with two ounces of syrup of Roses warm, the space of eleven dayes, as is well proved: and this is the true and perfect unction that helpeth the Petocchie; a disease so called in the Italian. If any were wounded, and had cut veins, sinnews and bones, let him joyn the parts close together, and dress it with this oyl very hot upon the upper parts, and in short time it shall be whole without any alteration: it helpeth also the white scal, if ye anoint it therewith: it helpeth coldness in the head, & Catarrhs, if ye anoint within the nostrils at night when ye go to bed; if ye anoint the stomach therewith, it causeth perfect digestion of the meat, it provoketh urine where it is let through carnosity, or Gonorrhea, or such like Matter; it causeth hair to grow, it preserveth the beard black, and is good against worms; & all these experiments are true and proved by one, divers and sundry times in the aforesaid infirmities, and also in divers others, which are left until another time: Ye shall know, that if you anoint one all over that is grieved with the Pox, with this oyl, it will encrease his pain; and so by that means you may know whether he be infected or no.

260 *How to compound Aromatico Leonardo, with its vertues.*

Aromatico Leonardo is a miraculous me-

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dicin, that serveth against all manner of diseases of what quality soever they be; for it worketh this operation *viz.* as soon as it joineth to the stomach, it draweth to it all the evil humours of the body, & imbraceth them, & carrieth them forth of the body both by vomit and siege; and so leaveth nature unburthened which may prevail at pleasure, because it hath no impediment: and the order to make it, is thus:

Take fine white sugar four ounces, pure Pearls, Musk, Saffron, Lignum aloes, Cinnamon, of each one scruple; *Petra Philosophale* four drachms, mix them together, and make thereof Lozanges with Rose-water according to art, the which ye shall keep in a box of Wood close shut: & the order to use it, is thus; When the Physician goes to visit any sick person, and intends to prepare him some medicine to take inward; the best and most perfect inward medicine that he can ordain is this *Aromatico*, because it evacuateth the stomach by vomit, & the body downward; & its operation is such, that it doth in manner help any crude sort of infirmity, and the quantity is from one dram to two drams, and may be taken in broth, in wine, in water, or mix it with any pills, or potion; giving charge, that when it is put into any potion, thou leave none in the bottom of the cup where thou drinkst it out, because the *Petra Philosophale* is heavy, & wil remain in the bottom,

bottom, for if that remain, it will not work at all; giving also charge, the day that you give this medicine, that you let the patients drink as much crude water as they will, and give them little meat to eat that day, & this is the order to use this medicine.

261 *Cautick.*

Take Arsenick, Crystallin *sal Armoniack*, Sublimate, of each alike; boill them, being finely ground, in as much strong vinegar as the matter weigheth, until 2 third parts be consumed, and that there remain a third; then keep it in a glass close shut for thy use, as I will shew thee in divers places when occasion shall serve.

262 *A Magistrale Cerot against the white Scal.*

This Cerot is of great vertue, and of marvellous experience to resolve the white scal, because it is penetrative, Mundificative, & Resolutive, and causeth the hair to grow where it is fallen away to the great content of the Patient, and honour of the Physician: and it is made in this order. Take Frankincense that is strained from his filth, what quantity you wil, and distil it in a retort, and give it fire at least forty hours, then let it cool, and break the glass, & in the bottom thou shalt find a black masse the which make into powder, then for every pound of the said powder, put thereto
one

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one ounce of Wax, and four ounces of the said oyl that you distilled, and half an ounce of the heads of Bees, the which are easie to be had in Summer: Mix all the aforesaid things in a vessel of Copper, and with a small fire make them in form of a liquid unguent; and when you use it, shave the head, and wash it, and lay thereon this Cerot upon a fair cloth warm, and every two daies change it; and so in short time thou shalt see strange effects of its vertue. This serveth also against breaking of bones, dislocations, and for scabs ulcerated, because it dryeth, and comforteth, and resolveth all the evil qualities; giving charge in the distilling, because the fire many times consumeth it so, that in the bottom there remains nothing that is good, and therefore beware in the making.

263 *Pillule Magistrale, which is good against any infirmities.*

These pills are of great vertue, and especially against all kind of pains coming of corrupt humors; for they purge the putrified humors, and preserve the body from corruption: and the order to make it, is thus.

Take *Olibanum*, Mastick, Myrrhe, *Sarcocolla*, *Aloes hepatica*, *Elleborus niger*, Saffron, Turbit, *Colloquintida*, of each what you please. Stamp them finely; & for every ounce of the aforesaid matter, put thereunto two Carets of Musk

Musk, and then incorporate it with hony of Roses and *Aqua vita* of each a like; and this paste thou maiſt keep ſix months in a veſſel of lead; the quantity is from two drachms to three drachms, in the morning faſting, and drink thereon a little wine. Theſe pills are moſt excellent to take away the pains of the Gout, and to preſerve a man from it; they are alſo good for them that have the french pox, becauſe they evacuate the groſs and viſcous humors, and maintain the body in good temperature, and uſing them in thoſe diſeaſes, it preſerveth the body in good temperature. They are alſo good for women that are troubled with pains of the Muther, and retention of their Terms: for theſe are operative, and provoke them, and purgeth the Matrix of all impediments contained therein: They ſerve againſt the Megrum, and all pains of the head, and alſo againſt all kind of putriſied fevers, as the experience thereof hath been ſeen ſundry times.

264 To make a Quinteſſence of marvellous vertue.

Quinteſſence is ſo called becauſe it is an eſſence taken from the elements without corrupting them; & it's called *Quinta eſſentia*, becauſe it's an eſſence above the four elements; which hath a marvellous vertue in preſerving all things from putrefaction; and is of ſo much vertue, that drinking every morning half an ounce

ounce thereof as soon as a person riseth out of his bed it preserveth in continual health : It helpeth wounds and sores of all sorts by washing them therewith: It preserveth all flesh, fish, and fruits that are put therein. The order to make it is thus :

Take fourteen pound of good strong wine, common honey one pound, Annis, seed-Coriander, *Lignum aloes*, *Calamus Aromaticus*, of each three ounces, Rose-water four ounces : Beat those things which are to be beaten grossly, & infuse them in the said wine two days and then put them in a gourd of glasse, and distil it by *Balneo* so long till the extracted water burn, and when it will burn distil it no more : then keep that which is distilled in a glasse close stopped, that it take no air, and so keep it till thou have occasion to use it ; for it is a most rare liquor because it resolveth all indispositions that happen to mans body. If any desire to have this *Quintessence* more perfect, let him take a tenth part of good hony, with a little Cinnamon, and distil it again by *Balneo*, and the Flegm will remain all in the bottom of the vessel, and the *Quintessence* will be so fine, that the air will take it away. And therefore he that can make this well, shall work strange cures therewith, even to admiration.

265 Quintessentia solutiva, which is
of Marvellous operations in
divers matters.

This *Quintessentia solutiva* evacuateth the body with great ease and without any detriment, and it purgeth all parts of the body that are troubled with gross and viscous humors, it resolveth swelling, and taketh away the pains; it preserveth the sight, and killeth worms, and causeth a good appetite, with many other good qualities, which I shall leave at this time: and the order to make it, is thus.

Take Lignum aloes, Cinnamon, Turbit, *Aloes hepatica*, of each one ounce, Colloquintida two ounces, Cloves, Saffron, of each three scruples, Musk of Levant one drachm, Julep of Violets one pound. Mix all the aforesaid matters together in a glasse, and put thereon two pound of Quintessence, and so let it stand twelve days, and then strain it, and put it into a vessel of glasse close shut; this may be taken with broth, wine, or with what syrup or potion you will; the quantity is from two drams to four drams in the morning fasting, without keeping of any diet at two ounces, and it shall work well without trouble at all.

266 Syrupus Solutivo, or the soluble Syrup;
with the order how to make it and use it.

This soluble Syrup made in decoction is very wholesome, and of great vertue, and especially

cially in crude humors; for it disperfeth the matter, and evacuates it with great ease, and without danger or trouble of the Patient: The order to make it, is thus.

Take Sage, Rosemary, Siccory, *Carduus Benedictus*, Nettles, Organy, of each an handful; Figs, Raisins, Dates, sweet Almonds, *Sal Gemma*, of each four ounces; *Colloquintida*, *Aloes hepatica*, Cinnamon, *Mirabolani citrini*, of each two ounces, common hony two pound. Stamp them all grossly, and put them to infuse in eighteen pound of fair water; then boil it til half be consumed; then strain it, and distil it by a filter, and aromatize it with two carets of Musk, & a pint of Rose-water & then it is made: which you shall keep in a glass bottle close stopped. The dose is from four ounces to six.

In winter you must take it very warm; and in the Spring and Autumn take it warm & no more; in summer you must take it cold: This purgeth the gross humors of the body, & hurteth not the stomach. You may use it in a Fever for four or five daies together, & it will help it. In crudity of humors, as the Fr. Pox Gouts, Catarrhs, Dogly Artetica, and such like matters where there is no accident of Fevers, you may take it ten or fifteen days together, & it cannot hurt, for it purgeth most excellently, It is given against the Cough, against flux of the urine, & pains in the head, & carnosity in the yard, or the Hemeroids: And in brief, it is
good

good against all diseases caused of corrupt humours; for it hath such vertue, that it draws from all parts; and evacuateth the humors intestinal. There hath been great experience of this syrup in such persons as had in a manner utterly lost their taste, who by using it, have been brought to a good temperature; there have been also infinite experiments on ulcerated persons and full of sores, ill handled by poverty & weaknesse, who finding no means to cure them, have been cured by this syrup in fourteen or fifteen days, *Cum multis aliis, &c.*

267 Sirupo Magistrale Leonardo, which serveth against an infinite number of diseases, and is a rare medicine.

This syrup is solutive, and very pleasant to use, and cannot hurt in any wise, which is seldom seen in other Medicines: and the order to make it, is thus.

The leaves of Sine, two ounces; Fumitory, Maiden hair, Harts tongue, Liver wort, *Epithimum*, *Ellema*, Polypody of the oake, the flowers of Borage, Bugloss, Liquorice, of each three ounces, *Colloquintida*, *Eleborus niger*, *Aloes hepatica*, *Mirabolani Indi*, of each one ounce, Prunins fourteen, Sebestins twelve, Tamerisk one ounce; Stamp them grossly, and infuse them in ten pounds of Fumitory water, then boil it until the consumption of the third part and then strain it, & in that which is strained
put

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put these things: Syrup of *Stacados* one pound, Saffron one scruple, *mel rosarum* six ounces, Rectified *Aqua vita* four ounces: Musk one drachm, the mussege of Marish-Mallows four ounces, *Benjamin* one ounce, Rose water three ounces; and then it is made: which ye shall keep in a glasse close stopt, and keep it in a temperate place, and this you must take warm; the quantity is from two ounces to four ounces, and it is a most safe medicine to be used without keeping of any diet. It helpeth those much that have Pellaria, Scabs, Hemeroids, and such like diseases, and may be given unto a woman with child, without any danger, when she shall have occasion to use any.

168 *To make Artificial Balm and the vertues of it.*

This balm hath all the vertues of the natural balm, although not in quality, yet in virtue: The order of making it, is this.

Take one pound of Venice-Turpentine, oyl of Bays perfect without mixture four ounces, *Galbanum* three ounces, Gum *Arabic* four ounces, *Olibanum*, *Mirrha elect*, Gum *Hederæ*, of each three ounces, *Lignum Aloes*, *Galingal*, Cloves, *Consolida minore*, Cinnamons, Nutmegs, Ginger, *Zedoaria*, *Diptamnum album*, of each one ounce; Musk of *Levant*, *Ambergreece*, of each one drachm; Beat all these things together, and put them into a Retort of glass well luted, and put thereto six pound of rectified A-

qua.

qua vita without flegm, and so let it stand eight daies, and then distil it by sand, and the first extraction wil be white water mixed with oyl; then keep the fire small, until there come forth a blackish oyl, then change the receiver, and set thereto another, and increase the fire till all the spirits be drawn out; then separate the oyl from the black water, & likewise from the white, & keep them asunder by themselves. The first water that is white is called *Aqua del Balsamo*, or a Balm water, & the oyl separated from that is called *Oleum del Balsamo* or oyl of Balm. The second water that is black, is called *Mater del Balsamo*, or mother of Balm, & the oyl separated from that water is called *del Balsamo artificato*, or artificial Balm; which should be kept as a most precious jewel.

Each of these Waters and oyls have their several admirable vertues and operations for effecting of wonderful cures; but the artificial Balm is a most miraculous liquor; As for the Stitch in the side, for which the dose is two drachms; the Cough, Catarrh, coldnesse in the head or stomach, wounds in the head, and infinit others; yea, I know no disease either hot or cold, but it doth good to it, and that by its own quality, and hidden vertues; cooling the hot, & heating the cold. In a word, whosoever hath this precious liquor, may be kept from, or cured of all infirmities, & need not seek for the natural Balm with so great expences, and
the

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the hazard of life, as hath been often seen.

269 Vegetable syrup which is miraculous
and divine.

This Syrup is a secret, with which many miracles have many times been wrought in divers operations, on many infirmities. The order to make this syrup, is thus.

Take *Lignum Aloes*, *Riopontico*, *Eupatori*, red Saunders, of each two ounces; beat them, and make thereof a decoction in good form, and with four pound of the decoction make a syrup, & put thereto these things following while it is hot, Saffron one scruple, Ginger one dram, Musk two Carets, the solution of our *Petra Vegetabile* three ounces, Cloves, Nutmegs, of each one scruple and a half; then keep it in a glasse close shut, & this is a vegetable Syrup, which worketh miracles in divers infirmities; for by its nature it purifieth the blood, mundifieth the liver, comforteth the heart, preserveth the stomach, provoketh urine, dissolveth gravel in the reins, it helpeth the cough, & helpeth digestion, and quieteth all the humors in the sick person, with divers other vertues which it hath.

This may be taken with broth, with distilled water, or with any decoction, or medicine, fasting: The quantity is from one dram to two drachms; and happy shall they be that use it.

270 *Unguento Magno Leonardo.*

This *Unguento Magno* is called so because
of

of its great vertue and operation; for it worketh so strangely in some diseases, that it in a manner reviveth the patient; and the order to make it, is thus.

Take *Otnegra ovium*, six ounces, *Oximel Squilliticum* half an ounce, mix them together in an earthen dish until the *Otnegra Ovium* be become like ashes, then it is deistrom; then put thereon two ounces of vinegar and wash it well until it remain pure & clear, then take *Olibanum* half an ounce, *Ceruse* one ounce; beat them fine, & mix it in a stone mortar with as much *Magno Liquore*, as will serve to incorporate them well, then put thereto the *Otnegra ovium*, & mix them very wel together; that being done, put thereto *Axungia porcina* eight ounces, & mix them all together, & then it is made, which keep in a vessel wel glazed; for it will keep a long time without corruption, & is apt to help those that are lame, ful of pains, sores & swellings, pains of the eyes, the Stone in the reins, & such like matters: it helpeth all manner of French Pox, if ye anoint them therewith til their gums be sore, & then leave. But ye shall note, that the body must first be wel purged before ye anoint them. This unguent cooleth all corrosive ulcers, & helpeth them in short time, it helpeth all pains in the eyes if ye put it therein, and taketh away all burning with speed: & to be short, it helpeth those diseases in short time, so that it is to be wondred at.

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K 5

Expe-



Experiments in Cookery, and Housewifery.

Sallet or Sawce.

1 *A Lemmon Sallet.*

Take Lemmons, rub them upon a grate to make their rinds smooth; cut them in halves, take out the meat of them, and boil them in fair water a good while, changing the water once or twice in the boiling, to take away the bitterneſſe of them: when they are tender, take them out and ſcrape away all the meat (if any be left) very clean; then cut them as thin as you can (to make them hold) in a long ſtring, or in reaſonable ſhort pieces, and lay them in your glaſs, and boiling ſome of the beſt white-wine vinegar with ſugar, to a reaſonable thin ſyrup, pour it upon them into your glaſs, and keep them for your uſe.

2 *To keep Clove Gilliflowers. for Sallets.*

Take the faireſt Clove Gilliflowers; clip off the whites from them, put them into a wide mouth'd

mouth'd glass; and strew a good deal of sugar finely beaten among them: then put as much wine vinegar to them as will thoroughly wet them, tie them up close and set them in the Sun.

3 To pickle Oysters.

Take a peck of the greatest Oysters, open them and put the liquor that comes from them (saved by it self) to as much white-wine, and boil it with a pound of Pepperbruised, two or three spoonfuls of large Mace, and a handful of Salt, till the liquor begin to waste away; then put in your Oysters and plump them, and set them off the fire til they be cold, and so put them up in little barrels very close.

4 To pickle Quinces.

Boil your Quinces, that you intend to keep whole and unpared in fair water, till they be soft, but not too violently for fear you break them: when they are soft, take them out, and boil some Quinces pared, quarter'd, and cored, and the parings of the Quinces with them in the same liquor, to make it strong: and when they have boiled a good time, enough to make the liquor of sufficient strength, take out the quartered Quinces and parings, and put the liquor into a pot big enough to receive all the Quinces both whole and quartered, and put them into it when the liquor is thoroughly cold, & so keep them for your use close covered.

5 To keep Goosberries.

Take a handful or two of the worser of your Goosberries, cut off their stalks and heads & boil them all to pieces in a pottle of water, putting into the boiling thereof half a quartern of Sugar; then take the liquor, strain it thorow a hair-strainer, and while it cooleth, cut off the stalks and heads of the fairest Goosberries, being very careful you cut not the skin of them above or below, put them into a Gallipot, and pour the liquor in after them.

6 *Purslane* must be used as you do the Goosberries.

7. How to keep Cucumbers raw.

Take a Kettle (big enough for your use) half full of water, make it brackish with salt, boil therein ten or twenty Cucumbers cut in halves; then take the raw Cucumbers, being somewhat little, and put them into the vessel wherein you will keep them; and when your liquor is cold, strain so much of it into them as may keep the Cucumbers alwaies covered.

8 To keep boiled Cucumbers.

Take a Kettle of water, put salt to it, boil it well; then take your raw Cucumbers, put them into it, and keep them with running up and down very softly, till they be as it were parboiled: then take them out and lay them aside til they be cold; then put them up in the vessel you will keep them in; and when the liquor

quor is cold, strain it into them till they be all covered.

9 *To pickle Cucumbers to keep all the year:*

Pare a good quantity of the rinds of Cucumbers; and boil them in a quart of running water, and a pint of wine vinegar, with a handful of Salt till they be soft: then letting them stand till the liquor be quite cold, pour out the liquor from the rinds, into some little barrel, earthen pot, or other vessel, that may be close stopped, and put as many of the youngest Cucumbers you can gather therein, as the liquor will cover: and so keep them close covered, that no wind come to them, to use all the year till you have new. If your Cucumbers be great, 'tis best to boil them in the liquor till they be soft.

10 *To keep Cowslips for Sallets.*

Take a quart of white wine vinegar, and half a quarter of a pound of fine beaten sugar, and mix them together: then take your Cowslips, pul them out of the pods, and cut off the green knobs at the lower ends, put them into that pot or glass wherein you mind to keep them; and well shaking the vinegar and sugar together in the glass wherein they were before, pour it upon the Cowslips, and so stirring them morning and evening (to make them settle) for three weeks, keep them for your use.

11 *Violets*

*11 Violets, Bugloss, Borage, Rosemary,
Marigolds, Fennel.*

These are all to be used as you do your Cow-slips: onely of Fennel you must take the feedes when they are new put out of the pod.

12 To keep Broom-flowers for Sallets.

Gather so many buds in one day (if you can) as you mean to keep; then take your pot, and lay first a lay of white salt in the bottom of it, and then a lay of Buds or flowers, then another of white salt, and so another of flowers, til you have filled your vessel so full as you can thrust them down: let them stand one day, and if they shrink down, fill them up with flowers, and after fill it up with Verjuice, and lay a good deal of salt upon the top of it, and stop it up close.

13 To keep Barberries, to garnish your meat, &c.

Take the worst of them and boil them in fair water, and strain the liquor from them and while the liquor is hot, put it into your Barberries, being clean picked, and stop them up: and if they mould much, wash them thoroughly in the liquor: then boil the liquor again and strain it, and let it cool and then put it to your Barberries againe.

14 *To keep Artichokes for all the year.*

The fitteſt time is about Michaelmas; and then according to the proportion of Artichokes you wil keep, ſeeth ſuch a quantity of water in a pot or pan, ſeaſoning it ſo with white Salt, that it may have a reaſonable taſte; then put a fit quantity of white Salt into the water, and boil them together, and ſcumme them well, then put a good quantity of good vinegar to them to make the liquor ſomewhat ſharp, and boil it again. Then boil your Artichokes that you mind to keep, in another liquor, take them out of it; and let them cool, then ſet your firſt liquor again on the fire to boil, and ſcumming it thoroughly, let it cool again; when it is thoroughly cold, put it up in ſome Firkin, or large earthen pot, and put in your Artichokes to them handſomeiy for bruifing, then cover them cloſe from the air, and ſo keep them to ſpend at your pleaſure.

15 *To pickle Broom-buds.*

Take as many Broom buds as you pleaſe, make linnen bags and put them in, and tie them cloſe; then make ſome brine with water and ſalt, and boil it a little; let it be cold, then put ſome brine in a deep earthen pot, & put the bags in it, & lay ſome weight upon them, let it lie there til it look black: then ſhift it again, ſo you muſt do as long as it looks black.

You

You must boil them in a little cauldron, and put them in vinegar a week or two, then they be fit to eat.

16 How to pickle Cucumbers.

Take the Cucumbers and wash them clean and dry them clean in a cloth; then take some water, vinegar, salt, Fennel-tops, and som Dill tops, and a little Mace; make it fast enough, and sharp enough to the taste; then boil it a while, and then take it off, and let it stand and be cold, and then put in the Cucumbers, and lay a board on the top to keep them down, and tie them close, and within a week they will be fit to eat.

*17 To make a gallendine sawce
for a Turkey.*

Take some Claret wine and grated bread, and a sprig of Rosemary, a little beaten Cloves, a little beaten Cinnamon, and some sugar.

Spoon meats.

18 The best clouted Cream.

Take eight pints of Milk warm from the Cow, set it on the fire, make it ready to boil; then pour it into bowls, and fleet it that night: if you would have it thick, put in a quart of Cream to it.

*19 Another way for the same in a
lesse proportion.*

Take a quart of Cream, or a pottle; set it in
two

and Houſwifery.

two diſhes, on two chafingdiſhes of coals, and cover them with two other diſhes: and as it heateth, uncover the Cream ever and anon, and with a ſpoon take off the film that riſeth, and put it in another diſh, and cover it again till more be riſen, and take it ſtil off, and let it ſo riſe by leiſure, the longer the better; when there will riſe no more film, pour out the uppermoſt of the Cream into a Platter alone, and ſet it on a Chafingdiſh of coals with a quick fire; then take the yolk of an egg or two, wel beaten, and ſtrain them with a ſpoonful of cold Cream, and a little Sugar and Roſe-water to ſeaſon it, and put it in as ſoon as the Cream beginneth to boil up, and ſtirring them together ſoftly, let them have a walm, or two, and put them in another diſh to cool, and ſerve them.

20 To make the ordinary Clouted Cream.

When you have taken your milk from the Cow, ſet it on the fire preſently in a broad veſſel, and ſo keep it on the fire from morning til night, and be ſure it ſeeth not all the while; then take it off the fire, and ſet it on a Board or Table, and ſo let it ſtand all night, and in the morning take off the Cream, and diſh it at your pleaſure.

21 To make Almond Milk.

Take a rib of Mutton or Veal, or rather a Chicken, boil it in fair water, put thereto
French

French Barly, a Fennel root, a Parsly root, Violet leaves, Strawberry leaves, and Cinquefoyle leaves, and boil them all together til the meat be overboiled; then strain out the liquor from the rest; while they are boiling, blanch a proportion of Almonds, answerable to the liquor, beat them wel in a clean stone Mortar, & then grinde them therein with Rosewater & sugar; and when they are well ground, put in all your liquor by little and little, and grind it with them, til they be all well compounded, then strain it into a fair glass, & use it at your pleasure.

22 To make a Collesse.

Take a Cock, bruise all his bones, and put them into a pot of fair water, set it over a charcoale fire, boil it and scumme it well; put therein French Barley, Fennel roots sliced, & the pith taken out, Parsly roots sliced, leaves of Violets, Strawberries, Lettice and Succory; boil all these together till the Cock be boiled all to pieces: then take a fit proportion of blanched Almonds, grind them well with Sugar and Rose-water in a Stone Mortar, then put to them the Cock, bones and all, and beat him all to pieces in a mortar; then put in all the broth by little and little, and compound them by beating, as in the Almond Milk, & so strain them out all into a fair skillet; then put into it a fit quantity of large Mace and Cinnamon whole,

whole, but bruised, and a like of Ginger sliced; set it then upon the fire again, and let it boil half an hour, and keep it still with stirring, then letting it run thorow a clean cloth into a Pipkin, there keep it till you use it, and then warm it in a Porrenger, and drink it.

23 The best way to make a Sack-Posset.

Take a dozen of eggs exceeding well beaten, put to them a pint of Sack, and stir them wel, that it curd not; then put to it three pints of your best sweet Cream, half a pound of Sugar very finely beaten, and stirring them well together till the Sugar be fully melted in them strain it all together into a Bason, big enough to receive it all: then set it in the Bason, on a pot of boiling water, keeping the pot boiling until the Posset be like a Custard, and as thick: then take it off, and keeping it till you think it be cool enough to eat, strew your beaten spices well and thick upon it, and serve it.

24 A Sack Posset without milk.

Take thirty Eggs, beat them so wel, that you may take them up with a spoon, like as you do milk or broth; & while they are beating, take a quart of Sack, half a pound of fine sugar finely beaten, and a pint of strong Beer, and make them boil a very little while upon a soft fire; then take them off the fire and put the Eggs into them as soon as it comes off, and stirring them up wel together, put them
into

into a fit Bason to receive them, and covering them close with a dish; set them on a soft fire again till they rise to a Curd; then take it off the fire, strow it with Cinnamon and sugar, and serve it.

25 *An Almond Caudle.*

Blanch Jordan Almonds, beat them with a little smal Ale, and strain them out with as much more Ale as you mind to make your Caudle of: Then boil it as you do an Egg-Caudle, with a little Mace in it; and when it is off the fire, sweeten it with sugar.

26 *To make the Dansick Cream.*

Take your Cream, boil it with some Mace and Cinnamon in it; then take it off, cool it a little and put in as much Rosewater and sugar as will make it sweet, and give it a good taste; then put in as much Runnet as will be sufficient to make it run, and then dish it and serve it.

27 *To make fresh Cheese in Cream.*

Take a pottel of good Milk as it comes from the Cow, and half a pound of blanched Almonds beaten very smal, and make a thick Almond milk, with a pint of Cream strained, and a little before you go to dinner make it blood-warm: season it with a little sugar, Rose-water, and searfed Ginger, and put to it a little Runnet: and when it is scummed, bread it up, and whey it, and put it into a Mould, and presse it

ns it with your hand, and when it is wel wheyed,
fire then put it into a dish with Cream: you may
off garnish it if you please, with a dozen of Wa-
ar, ters made of fine flower, sugar and water.

28 A messe of fine Cream.

h a Take a quart of Cream, set it on the fire
h a till it be ready to boil, then put into it seven
au- yolks, and two whites of eggs very well beaten
le, together; and boil them (keeping them well
the stirred) till it be almost as thick as a Custard,
then take it off the fire, and let it stand til the
Whey be settled from it; then strain the thick
of it thorow a cloth into a Bason, and making
it as sweet as you please, with Rose-water and
Sugar, dish it, scraping a little Sugar upon it.

29 Cream of Codlins.

After you have scalded your Codlins, and
ild off the skins, and scrap'd the pulp from
their Cores, with a little Sugar, and Rose-
water, strain them, and lay the pulp of
your Codlins in a dish, with as much raw
Cream as you please, round about it.?

30 To make French Frumenty.

Boil your French Barly in two waters first,
and then in the third, whereof you shall make
your Frumenty: when it is almost boiled e-
nough, put into it some yolks of eggs wel beat-
en, and boil them a while: you must have
your

your Jordan Almonds ready blanched, & laid a good while in cold fair water, then beat them very small with a little Rose-water, and strain their Milk from them, and put it into your Frumenty, when it is ready to take off the fire, or you may boil them a little while together, then take it off the fire, season it with some sugar and serve it.

31 How to make a Goosberry Fool.

Take your Goosberries and pick them, and put them into clean water, and boil them till they be all as thick that you cannot discern what it is; to the value of a quart: take six yolks of eggs small beaten with Rose-water; and before you put in your eggs, season it well with sugar, then strain your eggs, and let them boil a little while, then take it up, put it in a broad dish, and let it stand till it be cold; thus it must be eaten.

32 How to make a Goosberry Custard.

Take as many Goosberries as you please, boil them till they be soft; then take them out & let them stand and cool, and drain them, draw them with your hand thorow a canvas strainer, then put in a little Rosewater, Sugar, and three whites of eggs, & stir them all together, put them in a skillet and stir them apace, else they will burn; let them stand & cool a little while, & take them off & put them in a glass.

33 To make pap of Barley.

Take Barley and boil it in fair water softly until it begin to break ; then put that liquor out, then put as much hot water to it, as you put forth, and so let it boil till it be very soft, then put it into a cullender, and strain it; then take an handful of Almonds, and grind them very well with your Barley, and some of your liquor, so season it with sugar and a little Rosewater, a little whole Mace and Cinnamon, and boil them well together.

34 The Lady of Arundels Manchet.

Take a bushel of fine wheat flower, twenty eggs, three pound of fresh butter; then take as much salt and barm as to the ordinary Manchet; temper it together with new milk pretty hot ; then let it lie the space of half an hour to rise, so you may work it up into bread and bake it ; let not your oven be too hot.

35 To make Spiced bread.

Take two pound of Manchet paste, sweet Butter half a pound, Currans half a pound, Sugar a quartern, and a little Mace (if you wil put in any) and make it in a loafe, and bake it in an Oven no hotter than for Manchet.

36 To bake buttered loaves.

Take half a peck of fine flower, a pint or more

more of the Yest, the yolks of twenty eggs, one pound of Butter, of Cloves and Mace half an ounce, of Cinnamon and Ginger one ounce, but the least part of Ginger, a little Pepper, let the spices be beaten very smal; make Dough of all these, and work them in pieces as big as Manchets, and bake them: when it is baked, pare away the crusts, and slice them in Toasts, and steep them in clarified Butter in a fair Charger: then pour fine sugar powdred between every of them, and make them up like loaves.

37. *To make Almond Batter.*

Blauch one pound of Almonds, or more or less as you please; lay them four hours in cold water; then stamp them with some Rose-water as fine as you can, put them in a cloth; & press out as much milk as you can, and then if you think they be not enough, beat them and strain them again, till you get as much milk of them as you can, then set it on the fire til it be ready to boil putting in a good quantity of Salt & Rose-water to turn it; after one boiling being turned, then take it off, cast it abroad upon a linnen cloth, being holden between two then with a spoon take off the Whey under the cloth, so long as any will drop or runne; then take so much of the finest Sugar you can get as will sweeten it, and melt it in as much Rose-water as will serve to dissolve it, put thereunto so much Saffron in fine powder as

will

will colour it, and so steeping the Saffron and
sugar in Rosewater season your butter there-
with when you make it up.

CAKES.

38 To make Barberry Cakes.

Pick Barberries and Plump them in scald-
ing water, as you do to make Conserves; then
take of your best ripest Apples you can get, and
scald them very tender: then pare them and
take the best and softest of them, and strain it
with your Barberrie-stuff, not too thin for fear
of blacks going thorow; then drie your stuff in
dish, upon a Chafingdish of coals, and make
your syrups after the same manner, that you
do for Apricock Cakes, and when your syrup is
boiled high enough, cool it a little before you
put it into the platter, putting it in by a little
at once, stirring it up continually; and so you
shall be sure to have your stufte as thick, or as
thin, as you like best; then lay it upon your
plates, and dry it as you do other Cakes, guess-
ing at the quantity of your sugar, according
to your own best liking.

39 To make a sweet Cake, and with it a
very sweet water.

Take Damask-Rose leaves, Bay-leaves, La-
ender tops, sweet Marjerom tops, Ireos pow-
der, Damask-powder, and a little Musk first
dis-

dissolved in sweet water : put the Rose leaves and herbs into a Bason , and sprinkle half a quarter of a pint of Rosewater among them; and stirring them all together, cover the Bason close with a dish, and let them stand so covered all night, and in the morning distil them: so shall you have at once an excellent sweet water , and a very fine sweet Cake to lay among your finest linnen.

40 To make Almond Cakes.

Take of Jordan Almonds one pound, beat them as you do for Almond milk; draw them thorow a strainer , with the yolks of two or three eggs; season it wel with sugar and make it into a thick batter with fine flower, as you do for Bisket bread ; then pour it on smal Trencher plates, and bake them in an oven or baking pan; and these are the best Almond cakes.

41 To make a Cake.

Take half a peck of flower, two pound and a half of currans, three or four Nutmegs, one pound of Almond paste, two pound of butter, and one pint of Cream ; three spoonfuls of Rosewater, three quarters of a pound of sugar, half a pint of Sack, a quarter of a pint of Yest, six eggs ; so make it and bake it.

42 To make a Slipcoat Cheese.

Take five quarts of new milk from the Cow,
and

and one quart of water, and one spoonful of Runnet, and stir it together, and let it stand til it doth come; then lay your cheese-cloth into the vat, and take up your curd as fast as you can without breaking, and put it into your Vat, and let the whey soak out of it self: when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour, then lay two pound weight for one hour more, then turn him when he hath stood two hours, then lay three pound weight for one hour more; then take it out of the Vat, and let it lie two or three hours, and then salt him on both sides; when he is half enough, take a clean cloth & wipe him dry, then let him lie a day or a night, then put nettles under & upon him, and change them once a day: the Cheese will come to his eating in eight or nine dayes.

43 *To make Angelotta Cheese.*

The best time to make it, is in the middest of May; You must take your Milk as it comes from the Cow, not heating it at all, and put to it some Cream of the Evening Milk, and then put in your runnet, as you do in other Cheeses; when the Cheese is come, Whey it, but break it not, but put it into your Vat as whole as you can in the meat, not thrusting it too close at the first, but as it sinks down, fill it up again, and then shut it up close, and let it stand so one night, then take it out and lay it up-

on a board, casting salt upon it, and so let it lie a day or two, turning and salting it: then lay it in a Basket or Flasket with long grass under it, and so let it dry as you do other Cheeses.

44 *To keep Cherries all the year.*

Take the fairest Cherries you can get ; but be sure they be not bruised; and takethem and rub them with a linnen cloth , and put them into a barrel of hay , and lay them in ranks; first laying hay in the bottom, and then Cherries, and then hay again ; and then stop them up close that no air may come neer them, and lay them under a Feather-bed where one lieth continually ; for the warmer they are the better ; yet neer no fire ; and this doing, you may have Cherries at any time of the year.

FRIGASIES.

45 *Frigasie of Chickens.*

Kill your Chickens, pull skin and feathers off together, cut them in thin slices, season them with thyme and lemmon minced, nutmeg and salt, an handful of Sorrel minced, and then fry it well with six spoonfuls of water, and some fresh butter ; when it is tender , take three spoonfuls of verjuice, one spoonful of sugar, beat it together; so dish it with sippets about.

46 Frigafie of Lamb.

Cut your meat in thin slices, season it with Nutmeg, Pepper and Salt, mince some Thyme and Lemmon, and throw it upon your meat; then fry it slightly in a pan, then throw in two eggs, beaten in verjuice and sugar, into the pan, also an handful of Goosberries; shake it together, and dish it.

47 Frigafie of Rabbits.

Cut your Rabbits in smal pieces, and mince an handful of thyme and parslie together, and with a Nutmeg, Pepper and Salt, season your Rabbits; then take two eggs and verjuice beaten together, then throw it in the pan, stick it, and dish it up in sippets.

48 Frigafie of Veal.

Cut your meat in thin slices, beat it well with a rowling pin, season it with Nutmeg; Lemmon and Thyme, fry it slightly in the pan, beat two eggs, and one spoonful of verjuice, and put it into the pan, and stir it together, and dish it.

Divers otherwayes to dress Flesh.

49 How to boil a Capon handfomly.

Take the fat end of a neck of mutton, & cut it into two or three pieces, making one piece of two or three bones; & boil these with your

Capon; and of herbs take an handful of Parsley, as much Thyme, and half as much Endive, and bind them up in a bunch together, and boil them with your Capon; when it is boiled enough, season it with Salt and Verjuice; then take a deep dish, and cut into it sops of fine stale Manchet, and scald them with the fat which cometh off the Capon and Mutton; You must boil readie, in a Pipkin or some skillet, half a pound of choice prunes, til they be wel and plump, but not overboiled; and when you serve up your Capon, garnish the dish sides with your Prunes, and lay them thick upon your Capon. You may also boil some marrow with your Prunes, and lay it on your Capon.

*50 To roast a shoulder of Mutton
with Lemmons.*

Take a shoulder of Mutton half roasted cut off most of the meat thereof in thin slices into a fair dish, with the gravie thereof; put thereto about the quantity of a pint of claret wine, with a spoonful or two at most of the best Wine-vinegar, season it with Nutmegs and a little ginger: then pare off the rindes of one or two good Lemmons, and slice them thin into the Mutton, when it is almost well stewed between two dishes, & so let them stew together two or three walms; when they are enough, put them in a clean dish, and take
the

the shoulder blade (being well broiled on a Gridiron) and lay it upon the meat, garnishing your dish with some slices and rinde of the Lemmons, and so serve it.

5 To make Veal Toots or Olives.

Take the kidney of a loyn of Veal roasted, with a good deal of the fat, and a little of the flesh, mince it very smal, and put to it two eggs, one Nutmeg finely grated, a good quantity of Sugar, a few Currans, a little Salt, stir them wel together, and make them into the form of little pasties, and fry them in a pan with sweet Butter.

52 To make very fine Sawfages.

Take four pound and an half of Pork, chop it smal, and put to it three pound of Beefe Suet, and chop them very small together; then put to them a handful of Sage finely shred, one ounce of Pepper, one ounce of Mace; two ounces of Cloves, a good deal of Salt, eight eggs very well beaten before you put them in: then work them well with your hand till they be thoroughly mingled, and then fill them up. Some like not the eggs in them; it is not amiss therefore if you leave them out.

*53. To make Brawn eat tender,
and delicate.*

Put collars of Brawn in Kettels of wter,
L. 4. or.

or other apt vessels, into an oven heated as you would for household bread; cover the vessels, and so leave them as long in the oven, as you would do a batch of bread. A late experience amongst Gentlewomen, far excelling the old manner of boiling Brawn in great Kettles. Quere, if putting your liquor hot into the vessels, and the Brawn a little boiled first, by this means you shall not give great expedition to your work?

54 To boil a Capon in white broth.

Boil your Capon by it self in fair water, then take a ladle full or two of mutton broth, and a little white wine, a little whole Mace, a bundle of sweet herbs, and a little marrow; thicken it with Almonds, season it with sugar and a little verjuice; boil a few Currans by themselves, and a Date quartered, (lest you discolour your broth) and put it on the breast of your Capon, Chicken, or Rabbet: If you have no Almonds, thicken it with Cream or with yolks of eggs: Garnish your dishes on the sides with a Lemmon sliced, and sugar.

55 To roast a shoulder of Mutton with Oysters.

When you open the Oysters, save the liquor; then season them with pepper, & a little clove's and Mace, & herbs finely chop'd, & the yolks of two or three eggs chopped small, & some currans parboil'd a little; then stuff your shoulder
of



of mutton thick with your oysters, then season it and lay it to the fire and roast it; then take the rest of your Oysters and boil them with a little white wine and some butter, this is sawce for a shoulder of Mutton. When your oysters are opened you may parboil them in their own liquor, then take them out and season them.

56 To boil a Mallard with Cabbage.

Half roast your fowle, then take it off and case it down, then put it in a pipkin with the gravie, then pick and wash some Cabbage and put to your Mallard, with as much fair water as will cover it; then put in a good piece of butter and let it boil an hour; season it with pepper and salt, and serve it upon sops.

57 To stew a Mallard.

Roast your Mallard half enough, then take it up; and cut it into little pieces, then put it into a dish with the gravie, and a piece of fresh butter, and a handful of parsley chop'd small, with two or three onions and a cabbage-lettice; let them stew one hour, then season it with pepper and salt, and a little verjuice, then serve it.

58 To stew a Calves head.

Take a Calves head, and boil it for half an hour; when you have so done, pluck it to pieces & take some of the broth you boil'd it in, & put it into a pipkin, with Oysters; take a pinte of white, or claret wine, a quarter of a pound of

bacon sliced, either watered or parboiled chestnuts split, and roasted with the yolks of three or four eggs, sweet herbs minced, and a little horse radish root scraped; after you have stewed all these one hour, then parboil the brains and slice them; then make butter with eggs, Ginger, salt and flower, and juice of Spinnage, and fry them, laying sippets to them, and serve them up.

59 *A Grand boiled meat.*

Take what fowle is in season, as Pigeons, wild or tame, Partridge, Widgeon, Larks, Snipes, Teal, Lover, or any Pother, truss them, and boil them; and while they are boiling, take some strong broth wherein any fresh Butchers meat hath been boiled to pieces, and put to it an Oxe pallet, and cut in dice-work; take a quart of white wine, with a good quantity of large mace, salt, with five or six Dates cut to pieces; when you have boiled these as long as you think fit, then put in a large piece of butter, and Lemmons sliced very thin, the rind pared off, and beat it thick, put toast in the bottom, and garnish them with sheeps-tongues, blanched and rowled in green batter.

60 *To stew a Carp.*

Take a live Carp, and when you have scaled it with your knife, & dried it very wel with a cloth, open the belly, & take out the entrails, then

then take a pint of Claret wine, with vinegar, with a ladle full of fresh broth, and wash the blood into a pipkin; a faggot of sweet herbs, with two or three onions, and half a pound of butter: stew these with the Carp half an hour, then putting sippets and toasts in the bottom, dish it up, pouring some broth on it, garnisht with Rosemary, Lemmon, and Barberries, Grapes, Ginger, on the side of the dish; boil the Rivet, and lay it on the Carp.

61 How to stew Artichokes.

Take Artichokes, and having boiled them, take off the leaves, & Core, & having split the bottom into quarters, lay the Artichokes on thin Manchet Toasts, in a flat stewing pan; with the marrow of two bones, with some large blades of Mace putting therein a pound of preserved plums with the syrup, Verjuice, & sugar; if this make them not sweet enough, stew them altogether for two hours, and after you have stewed them, serve them up with fresh preserves, as Barberries, or such like.

62 To souce a young Pig.

Take a young Pig being scalded, boil it in fair water and white wine, put thereto bay leaves, whole Ginger and Nutmegs quartered, a few whole Cloves; boil it thoroughly, and leave it in the same broth in an earthen pot.

63 *To roast a Pig with a Pudding
in his belly.*

Flay a fat Pig, truss his head looking over his back; then temper as much stuff as you think will fill his belly, then put it into your Pig, and prick it up close: when it is almost roasted wring out the juice of a Lemmon; when you are ready to take it up, take four or five yolks of eggs, and wash your Pig all over: mingle your bread with a little Nutmeg and Ginger, then dry it and take it up as fast as you can: let your sawce be vinegar, butter and sugar, the yolk of an hard egg minced, and serve it hot.

64 *To bake a Pig.*

Take a Pig and scald it, open it in the back, and embowel it, let all the blood soake out, presse it downe in a pan, and let it boil flat, and when you find it almost tender, press it in a cloth like Venison: if it be fat pul off the skin only, but if it be not fat, pul out the bones, and farce it as you would a Gammon of bacon; then lay it whole in paste; put in butter, and season it with salt and pepper; and when it is baked, mix Vinegar, Sugar, Cinnamon, Ginger, and a little Rose-water boiled and making a bole in the cover, put it in, and shake it.

P U D D I N G S.

65 *How to make an Italian Pudding.*

Take a Manchet and cut it in square pieces
like

like a die; then put to it half a pound of beef-suet minced small, raisins in the sun the stones pick'd out, Cloves, Mace, minced Dates, sugar, marrow, Rose-water, Eggs and Cream; mingle all these together, and put it into a dish fit for your stuff; in less then an hour it will be baked; then scrape on sugar, and serve it.

66 To make a Haggesse Pudding.

Take a fat Haggesse, parboil it well, take out the Kernels, shred it small, and temper it with a handful or two of grated Manchet, then take three or four Eggs wel beaten, Rose-water and sugar, Cloves, Nutmegs, Cinnamon, Mace, very finely beaten; Currans and Marrow, good store, temper them all together with a fit quantity of Cream, being first moderately seasoned with Salt.

67 To make the best white Puddings.

Take a pound of Almonds, blanch them, stamp them, putting in a little milke sometime to them in the stamping: then put to them three handfuls of fine flower, or as much grated bread first baked in an oven; six eggs well beaten, a good deal of marrow cut in little pieces: season them with Nutmegs and Sugar, three spoonfuls of Rose-water and a little salt: temper them all together with as much Cream as will serve to wet or mingle them, and so fill them up.

68 *A Rice Pudding.*

Take thin Cream, or good milk of what quantity you please, boil it on the fire with a little Cinnamon in it, and when it hath boiled a while, take out the Cinnamon, and put in Rosewater and sugar enough to make it good and sweet: then having your Rice ready beaten as fine as flower (and searced, as some do it) strow it in, til it be of the thickness of a hasty Pudding: then pour it into a dish, and serve it at the Table.

69 *To make a fine Pudding in a dish.*

Take a penny white loaf, and pare off all the crust, and slice it thin into a dish with a quart of Cream, and set it to boil over a Chafing-dish of coals till the bread be almost dry, then put in a piece of sweet butter, and take it off let it stand in the dish til it be cold, then take the yolks of three eggs, and the wite of one, with some Rose-water and sugar, and stirring them all together, put them into another dish well buttered and bake it.

70 *An Oatmeal Pudding baked.*

Take great Oate-meale, and having put it into a bag, boil it in broth (that of Beef is best) until it be tender; then take a quart of Cream, with large mace, & slic'd nutmeg & boil them; which done, take it from the fire, and slice a Manchet thin into it and with some eggs, putting in half the whites, and mix it with the Oatmeal which was boiled with beef suet, sugar,

gar, salt, and Rose-water, having stirred them well together; put it into a dish well buttered, and bake it.

71 *To make a shaking Pudding.*

Boil some large mace, Nutmegs, and Ginger, with a pint of Cream, adde to them a few Almonds blanch'd, then beat four eggs, and but two of the whites with Rose-water, then straining them al together put to it sugar, salt, greated bread, and sliced Ginger; then tye it hard in a cloth, wel flower'd and butter'd, and boil it, and serve it up with verjuice, butter, and Sugar.

72 *To make the best Puff-paste.*

Take two great handfuls of fine flower, the whites of two eggs, and one yolk; beat them a little together, with two spoonfuls of Rosewater & put them to the flower, and work it into the paste (with as much cold water as is fit, very well together: then rol it out like a Pastry, & take one pound of sweet butter, (beating it a little to make it soft) and lay it all over the Paste in little pieces, and fold it over, and well rol it out again, laying on more butter, as you did before, till the butter all be wrought in, & if it be too soft, strew a little flower before you rol it all over: be very careful you role it not too thin; lest the butter come thorow, for if it cleave to the Table it wil not be good: role out a piece to lay in the bottom of a dish or on a paper, and put on it Apples, or what you like best,

cover them over with some of the Paste, and cut it round about with Peaks, that it may rise up in the baking.

Pies and Baked meats,

73 *To make an Artichoke Pie.*

Boil your Artichokes, take off all their leavs pul out all the strings, leaving onely the bottoms; then season them with Cinnamon and sugar, laying between every Artichoke a good piece of butter; when you put your Pie into the oven, stick the Artichokes with slices of Dates, and put a quarter of a pint of white wine into the Pie, and when you take it out of the oven, do the like again, with some butter, sugar, and Rose-water, melting the butter upon some coals before you put it into the Pie.

74 *To make a Neats-foot Pie.*

Take a Neatsfoot, dry it in a cloth, then take it and shred it with mutton Suet, as small as you think fit, putting in no seasoning but Nutmegs and Sugar: and to every Pie almost a pound of Currans well pickd, when you put it into the oven. And before you set it into the Oven, put in a quarter of a pint of white-wine: and when you take it out, do the like again with a good piece of butter and sugar,

75 *To bake Beef lik red Deer.*

Take a pound of Beef, and slice it thin, and half a pint of good wine vinegar, some
three

three Cloves, and Mace above an ounce, three Nutmegs ; pound them all together ; pepper and salt according to your discretion , and a little sugar, mix these together : take a pound and a half of suet shred, and beat it small in a mortar ; then lay a row of suet, and a row of beef, strew your spices beaten every lay, then your vinegar , so do till you have laid in all, then make it up ; but first beat it close with a rowling pin , then presse it a day before you put it in your paste.

76 A Gammon of Bacon baked.

Take your Gammon , and after you have watered it, that it is pretty fresh, then seethe it until it be very tender, then take off the skin and farce it with Parsly, Penny-Royal, Thyme Marjerom , Marigolds, Camomile and Sage ; let all these be chop'd smal, and seasoned with Salt, Pepper, Cloves, small raisins, yolks of eggs hard roasted ; cut off the lean of your Bacon and mince it small , and taking a handful of farcing, mingle it together with three or four yolks of raw eggs and cast it on the Gammon of Bacon and, closing the skin again, put it into paste.

77 A Calves foot Pie.

Take your Calves-feet , and boil them, then peel the hayre cleane from them ; and after you have left them , and took out the bones , then season the flesh with Nut-
meg.

meg, salt and whole Mace, putting thereto Currans, and good store of butter, and when you draw it out of the Oven, fill up your pie with sugar, wine-vinegar and butter, beaten together with the yolk of an egg: this must be served up at the first course hot.

78 *A Calves head Pie (for supper)*

Boil your Calves head almost enough, cut it in thin slices all from the bone, season it with beaten Nutmegs, a quarter of an ounce of pepper, and as much salt as there is seasoning; then take a handful of sweet herbs minced small; and two spoonfuls of sugar, and two or three Artichoke bottoms boiled, and cut them in thin slices, and the marrow of two bones rowled in yolks of eggs, a quarter of a pound of E-ringo roots, & a quarter of a pound of Currans; then put it into your pie, and put a quarter of a pound of Butter, and a sliced Lemmon, three or four blades of Mace, three or four quartered Dates; let it stand an hour or more in the Oven; then when you take it out, put into it a candle made of sugar, white-wine, verjuice and butter.

79 *A Lark Pie.*

Take three dozen of Larks, season them with four Nutmegs, and half an ounce of pepper, and a quarter of an ounce of beaten mace; then take Lumbar pie-meat and fill their bellies if you will; if not, take half a pound of

Suet

Suet, and one pound of mutton minced, Raisins of the Sun half a pound, and six Apples, minced all together very small; then season it with a Nutmeg, Pepper and Salt, and one spoonful of sweet seeds, and a Lemmon peel minced, one pennie loaf grated, a quarter of a pint of cream, two or three spoonfuls of Rose-water, three spoonfuls of sugar, one or two of verjuice; then make this into boles and put it into their bellies, and put the Larks into your Pie; then put marrow rouled in yolks of Eggs upon the Larks, and large mace, and sliced Lemmon, and fresh butter: Let it stand in the oven an hour; when you take it out, make a caudle of butter, sugar, and white wine vinegar, and put it into the Pie.

80 *A Skerret Pie.*

Take a quarter of a peck of Skerrets blanched, and slice them, season them with three Nutmegs, and an ounce of Cinnamon, and three ounces of sugar, and ten quartered Dates, and the marrow of three bones rouled in yolks of Eggs, and a quarter of a pound of E-ringo roots, and preserved Lettice, and sliced Lemmon, four blades of Mace, three or four branches of preserved Barberries, and half a pound of Butter; then let it stand one hour in the Oven; then put a caudle made of white wine, verjuice, butter and sugar into the Pie when it comes out of the oven.

81 *A Pork Pie.*

Boil your leg of Pork, season it with Nutmeg, Pepper and salt; bake it five houres in a high round Pie.

82 *How to bake a steake Pie.*

Cut a neck of mutton in steaks, beat them with a cleaver, season them with Pepper and salt and Nutmeg, then lay them in your coffin with butter and large mace, then bake it; then take a good quantity of parslie and boil it; beat it as soft as the pulp of an apple, put in a quarter of a pint of vinegar, and as much white wine (with a little sugar) warm it well, and pour it over your Steaks, then shake it, that the gravie and liquor may mingle together, put scrape on sugar, and serve it.

83 *To bake Chucks of Veale.*

Parboil two pound of the lean flesh of a leg of Veal, mince it as small as grated bread, with four pound of beef-suet; then season it with Biscay Dates and Carawaies, some Rose-water, sugar, raisins of the Sun and Currans, Cloves, Mace, Nutmegs, and Cinnamon; then mingle them all together, fill your Pies, and bake them.

84 *To make Sympals.*

Take fine flower dried, and as much sugar as flower; then take as much whites of eggs as will make it a paste, and put in a little Rose-water; then put in a quantity of coriander-seed

feed and Annis-feed, then mould it up in that fashion you will bake it in.

85 To make Cracknels.

Take five or six pints of the finest wheat flower you can get; to which you must put in a spoonful (and not above) of good Yest: then mingle it well with butter, cream, Rose-water and sugar finely beaten, and working it well into paste, make it in what form you will, and bake it.

*TARTS.**86 To make fine Pippin Tarts.*

Quarter, pare, core, and stew your Pippins in a pipkin upon very hot embers close covered, a whole day, for they must stew softly; then put to them some whole Cinnamon, six Cloves and sugar enough to make them sweet, and some Rosewater; and when they are stewed enough take them off the fire, and take all the spice from them, and break them small like Marmelade; and having your coffins ready made, not above an inch deep, fill them with it, and lay on a very thin cover of Puff-paste, close and fit; so take them, and serve them in cold; but you must take heed you do not over-bake them.

87 How to make a Bacon Tart.

Take the lard of fat Bacon, and water it two or three daies til it be fresh, cut it into pieces an inch long, then into squares no bigger then your smaller lard, then drain it very

very dry in a cloth, mixed with green dried Citron, and sweet Almonds, and a little Rosewater, add to them good store of sugar with seven or eight drops of oyle, or spirit of Vitriol when these are ming'd together, make a round Tart, as shallow as possible, laying this Composition in it, then lid it; after an hours baking, stick the lid full of sliced Citron, and ice it with Rosewater and sugar: mix with this Tart some eggs; it will eat best cold.

88 *How to make a Tart of Butter and Eggs.*

Take the yolks of sixteen Eggs, well parted from the whites, three quarters of a pound of Butter well clarified, and strain it twice or thrice in a fair strainer (seasoned with sugar & a little Rosewater) wherein Spinage first a little boiled hath been strained, to make it green. Be sure your paste be well made, and whole; and so bake it up, and serve it.

89 *A Tart of Strawberries.*

Pick and wash your Strawberries very clean, and put them in your paste one by another as thick as you can; then take Sugar, Cinnamon, and a little Ginger finely beaten, and well mingled together, cast them upon the Strawberries, and cover them with the lid finely cut into Lozanges, and so let it bake a quarter of an hour, then take it out, and strewing it with a little Cinnamon and sugar, serve it.

90 *A Tart of Hips.*

Take Hips and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamon and Ginger; then close your Tart, bake it, ice it, scrape on Sugar, and serve it.

91 *A Tart of green Pease.*

Take green Pease, and seethe them tender, then pour them out into a cullender, season them with Saffron, salt, and sweet butter, and sugar; then close it, then bake it almost an hour, then draw it forth and ice it; put in it a little verjuice and shake it well; then scrape on sugar and serve it.

92 *To make a Tart of Wardens.*

You must first bake your wardens in a pot, then cut them in quarters, and core them, then put them into your Tart with Sugar, Cinnamon and Ginger; then close up your Tart, and when it is almost baked, do it as your warden-Pie; scrape on Sugar and serve it,

93 *To marble Beef, Mutton or Venison.*

Stick any of These with Rosemary & Cloves, then roast it, being first joyned very well, then baste it often with water and salt; and when it is thoroughly roasted, take it up and let it cool; then take Claret wine, and Vinegar, and as much

much water, boil it with Rosemary, Bayes, good store of Pepper, Cloves, Salt; when it hath boil'd an hour, take it off and let it cool; then put your meat into a vessel, and cover it with this liquor and herbs; then stop it up close, the closer you stop it, the longer it will keep.

94 To marble Fish.

Take Flounders, Trouts, Smelts, or Salmons, Mulletts, Makrel, or any kind of Shel-fish; wash them and dry them in a cloth, then fry them with sallet oil or clarified butter, fry them very crisp; then make your pickle with claret wine and fair water, some Rosemary and Thyme, with Nutmegs cut in slices, and pepper and salt; when it hath boiled half an hour, take it off and let it cool; then put your fish into a vessel, cover it with liquor and spice, and stop it close.

95 To make a very good Tansie.

Take fifteen eggs and six of the whites, beat them very well, then put in some sugar and a little sack, beat them again; then put in about a pint or a little more of Cream, and beat them again; then put in it the juice of Spinage or of Primrose leaves, to make it green; then put in some more sugar, if not sweet enough, then beat it again a little, and so let it stand till you fry it; when the first course is in, then fry it with a little sweet butter; it must be stirred and

yes, and fryed very tender: when it is fryed enough, then put it in a dish, and strew some sugar upon it and serve it in.

96 To make excellent Bottle-Ale.

Take two or three drops of the extracted oil of Sage, and mingle it with a quart of Ale, brewing the same well out of one pot into another; and this way a whole stand of Sage-Ale is very speedily made. The like is to be done with oil of Mace or Nutmegs: But if you will make a right Gossips cup, that shall far exceed all the Ale that ever mother Bunch made in her life time; then in the botling up of your best Ale, take half a pint of white Ipocras that is newly made, and after the best Receipt, with a bottle of Ale; stop your bottle close, and drink it when it is stale. Some commend the hanging of roasted Oranges prickt full of cloves in the vessel of Ale, til you find the taste thereof sufficiently graced to your own liking.

97 The particulars of the Ipocras made usually in London.

Cinnamon one ounce, Ginger one ounce, Nutmegs half an ounce, Cloves, Coriander seed, long Pepper, of each one quarter of an ounce, bruise all these in a mortar; Sugar one pound, Rose-water a fit quantity; milk half a pint, Rosemary a little to lay in the bottom of the bag: a gallon of the pleasantest High-Country Whitewine. Some add to this a quantity of Galingal, and some Raisins of the Sun.

JELLIES.

98 *How to make a fine Crystal Jelly.*

Take a knuckle of Veal and four Calves feet, and set them on the fire with a gallon of fair water, and when the flesh is boil'd tender, take it out; then let the liquor stand still till it be cold; then take away the top and the bottome of that liquor, and put the rest into a clean pipkin, and put into it one pound of clarified sugar, four or five drops of oil of Cinnamon and Nutmegs, a grain of Musk, and so let it boil a quarter of an hour leisurely on the fire; then let it run thorow a Jelly-bag, into a bason with the whites of two eggs beaten; and when it is cold, you may cut it in lumps with a spoon and so serve three or four lumps on a plate.

99 *To make Jelly of Pippins.*

Take Pippins and pare them, and quarter them, and core them, lay them in water; and when you set them on the fire, shift them in another water, and put them in a skillet, & put in as much water as wil cover them & a little more, set them over the fire and make them boil as fast as you can; when the Apples are soft, and the liquor tastes strong of the Apples, then take them off; and strain them thorow a canvas cloth gently; take to a pound of juice a pound of sugar, then set it on the fire, when it is melted, strain it into a bason and rinse your skillet again; set it on the fire, and when it is boiled up, then scumme it, and make it
boil

boil as fast as you can, and when it is almost boiled, put in the juice of three Lemmons strained thorow a cloth: if you will have Orange peel, pare it thin that the white be not seen, & then lay them in fair water all night, then boil them in the water til the peel be soft; then put it into the syrup, and stir it about, and fill your glasses, and let it stand til it be cold; and then it is readie to eat.

100 To make a Jelly.

Take either Veal, a Cock, or (which is best of all) Calves feet; boil them well in one water, or as they call it, scald them til you can get off the skin and claws, so make them very clean, and let them cool.

Then set on more water, and when it seetheth, put in the Calves feet (which for these proportions may be four or six) and let them boil until they wil Jelly, which you shal know by letting it stand til it be cold; when it is enough, strain the clearest from the other, and let the best stand til it be cold.

Then an hour after set it on the fire again, and put to it a pint of white wine, & so much sugar as wil make it sweet; two ounces of Cinnamon bruised in a Mortar, one ounce of Nutmegs, and the white of one Egg wel beaten, and when it beginneth to boil, after they are put in, put in two or three spoonfuls of white-wine Vinegar; then make readie your white-Cotton bag, and put in the bottom thereof a

sprig or two of Rosemary; and while this is doing, set the liquor on the fire again, and when it beginneth to seeth, put in the white of one egg or more wel beaten first; then take it off the fire, and let it run thorow the Cotton bag, then take that which is run thorow, set it on the fire again; as soon as it seetheth, put in another white of an egge, and then let it run thorow the bag again: do so again the third time, after it is heated and clarified, and then it will be enough, then put it up in glasses wel covered, and not in pipkins or gallipots: and keep it for your use.

101 *A direction to make a Jelly.*

Take three Calves feet, flea and wash them very clean, take also a fleshie pullet, or a piece of Veal. pick the fat away and put them into an earthen pan or bason, and to them so much water as wil cover them, steep it therein two daies and a night, changing the water & bruising the flesh six or seven times a day, then put it into a clean brass pot, pour to it more then a gallon of fair water, keep it boiling & always scummed, till it com to the heighth of a Jelly putting thereto first, when you see the liquor half wa^ded, more than a pint of white wine. When it is enough, strain it thorow a double linnen cloth, let it stand til it be cold, when if you can see any fat, take it off lightly; then pour the Jelly into a bason, set it on a Chafing dish of coals, and put thereto of the finest sugar finely

finely beaten so much as will sweeten it thoroughly; then take of Cinnamon scraped & gross beaten half a pound, three Nutmegs, one ounce of white Ginger scraped & grossly bruised a little, and a very little—scraped & only broken, ten Cloves bruised a little, and a very little white salt, put to them the whites of eight eggs (new laid) lightly beaten together, stirre them together til they be all thoroughly mix'd, so let it boil softly til it taste of the spice, & in the places where it riseth in boiling, drop in here and there a spoonful of whitewine Vinegar, and lastly three spoonfuls of the best damask-Rose-water; when you find it boild enough, take a clean Jelly bag, put into the bottom of it, of Thime and Rosemary of each a branch, three branches of sweet Marjarome, a handful of Violets if they may be had: sprinkle the herbs and bag with good store of Damask-Rose-water; hang the bag near a good fire, and put therein your Jelly, taking great heed that no dust nor smoak hurt it, and so let it run into a clean bason thorow your bag twice at least, then put it up in fittest sort for your use.

LEACHES

102 To make Leach of Ipocras.

Take one pint of Ipocras, two ounces of Longlas, six spoonfuls of Rose water, two grains of Musk, and four ounces of Sugar-candy, boild it leisurely upon a chafingdish of coals, then let it thorow a Cotten-bag into a bason; and
 , whe

when you serve it, cut it in what fashion you wil with a spoon, knife, or otherwise; being coloured as you please.

103 *To make fine white Leach of Almonds.*

Take half a pound of small Almonds, beat them and strain them with Rose-water and sweet milk from the Cow, put into it two or three pieces of large Mace, one grain of Musk, two ounces of Isonglass, and so boil it on a Chafingdish of coals, a quarter of an hour, til it will stand, which you shall try thus: Set a sawcer on, or in a little cold water, so that none come into it, and put a spoonful of the Leach into it, and if you see that stand, take the other off the fire, then you may slice it in what fashion you please.

104 *To make Leaches.*

Take a pottle or gallon of Milk, as you think fit: make it hot as it came from the Cow, then take a quantity of Almonds blanch'd and ground answerable to the Milk, strain them with the Milk and seeth them with so much Sugar as wil sweeten it, and some bruised Nutmeg, Ginger, and Cinnamon, and a little Salt tied in a cloth with some Rosewater, and one ounce or more of Isonglas, being washed and steeped before, three or four hours in fair water; let them seeth all together til it be so clammy that it will cut with a knife; then strain it, thorow a cooler, that the Isonglas may be taken away, and the next day when it is cold,

cut

cut it in slices into a dish, and serve it. So you make it red with red Sanders, yellow with Saffron, green with, &c.

105 *The Cookes common white Leach.*

Take the Sinews of a Cowes heel, the flesh and fat cut away: slice them as thin as you can, and boil them in milk warm from the Cow, til it be stiff enough to cut, which you shall try with a spoon: then strain it thorow a cloth, and sweeten it with sugar and a spoonful or two of Rosewater: then stir them wel together with a spoon, and letting it stand til it be cold, slice it out in what form you list, and serve it.

SWEETS.

106 *To make sweet Bags to lay Linnen in.*

Take Damask-Rose buds, pluck them and dry the leaves in the shadow, the tops of Lavender flowers, sweet Marjarom and Basil, of each a handful, all dried and mingled with the Rose leaves: Take also of Benjamin, Storax, Gallinal roots, and Ireos or Orris roots (twice as much of the Orris as of any of the other) beaten into fine powder; a piece of Cotton wooll, wetted in Rose water, and put to it a good quantity of Musk and Amber greece; made into powder, and sprinkle them with some Civet dissolved in Rosewater, lay the cotton in double paper, and dry it over a Chafingdish of coals: Lastly, take half a handful of Cloves, and as much Cinnamon bruised not

not small beaten, mix all these together, and put them up in your bags.

107 *Sweet bags to lay among linnen.*

Take Orris, Cyprus, Calamus, Fufis, all of them grosse beaten, and Gallinal roots, of each a handful, and as much of the small tops of Lavender dried, and put them into bags to lay among your clothes: you may put in a handful or two of Damask-Rose leaves dried, which will somewhat better the scent.

108 *Cyprus powder.*

Take of Storax Calamint four ounces; Calamus Aromaticus two ounces; red Roses two ounces; of Marjarome and Rosemary flowers of each one ounce: Orange pils one ounce and a half, of Cloves and *Lignum Rhodium* of each two drachms, and fine Musk twenty grains. Make all these into powder, and put it up into a bag fitting.

199 *Powder of Violets.*

Take of sweet Ireos roots one ounce, red Roses two ounces, Storax one ounce and a half, Cloves two drachms, Marjarom one drachm, Lavender flowers one drachm and a half, make these into powder; then take eight graines of fine Musk powdered also, put to it two ounces of Rosewater, stir them together, and put all the rest to them, and stir them half an hour till the water be dried, then set it by one day, and dry it by the fire half an hour, and when it is dry, put it up into bags.

110 *Cyprus*

110 *Cyprus Matches to burn in perfume.*

Take of Willow-wood made into Charcoal, one pound of Benjamin two ounces, Storax *liquida* one drachm and a half, of Storax Calamint one ounce, Marjarome one ounce, Cloves one ounce, of fine Musk ten grains: beat them all together into powder; then take of Quincy Dragagenty four ounces, put it in Rose-water, and stir them well together, and let them stand a night and a day; then put all the aforesaid parcels to this Rosewater which must be no more then wil make it into a paste, and therefore make up your Manchet in what form you list, and let them dry in the shadow, without fire or Sun.

111 *How to make a sweet water.*

Take a gallon of Wort half a gallon of running water, of, Lavender and Bay leaves dyed of each two handfuls, of Orris powder one ounce; put all these together in an earthen pot, let them stand one day & one night stirring them often; the morrow after distil it putting in a penny worth of Balm: and the water which cometh of the distilling will be vere sweet.

112 *To make a sweet powder.*

Take Orris half a pound, six pence; Cyprus half a pound, ten pence; Calamus half a pound, eight pence; Eufis half a pound, twenty pence; Benjamin two ounces, twelve pence: Musk powder twelve pence; grains one pound, eighteen pence. Total, seven shillings two pence.

113 A

113 *Another for the same.*

Take Benjamin four ounces, two shillings; Storax Calaminta three ounces, two shillings; Fusis of Cloves three ounces, nine pence; fine Ireos six ounces, two pence; Santalum Citrinum three ounces, eighteen pence; Musk 20 grains, three shillings four pence; Civet ten grains, 20 d. Total, eleven shillings five pence

114 *To make the Mosse powder.*

Take of Mosse that groweth upon a sweet Apple tree, or a pippin tree, a good quantity, gathered betwixt the two Lady daies, put the Mosse into a quart of Damask Rose-water; stop the glasse, set it before the fire, let it so remain one day and one night; then take it out and lay it on the bottom of a sieve, put it into an oven and dry it; beat it to powder: then take Benjamin, Storax Calaminta, Lignum aloes, of each one ounce; Musk, Ambergreece, Civet of each six ounces, beat all these in a mortar together, til they come to a powder, then mix it with the mosse powder, and it will be a most excellent sweet powder.

115 *To make a sweet Ball or powder.*

Take Cloves and Nutmegs, of each one ounce, Cinnamon and Benjamin, of either half an ounce; *Calamus Aromaticus* and white Sanders of each two ounces, beat every of them severally, and searce them into fine powder; and then beat them into a paste with Rosewater. Take then Storax Calaminta two ounces,

Lab-

Labdanum one ounce, beat them in a mortar with Rosewater til they be well mixed: and then put the other Paste to them, and beat them together, till they be thoroughly mixed, then take Ambergreece, Musk, and Civet of each four or six grains, bruise them, and mix them wel together, in a Sawcer with a little Rosewater; then put them to the other Paste, & work them wel together warming both the Paste, & your hands very wel with a Chasing-dish of coals well kindled standing by you, til you have very well incorporated them together: and then while the past is warm, make it up into what a size or form you please.

116 To make Snow.

Take a quart of thick Cream, and five or six whites of Eggs, a sawcer ful of sugar finely beaten and as much Rosewater, beat them altogether, and alwaies as it riseth take it out with a spoon: then take a loaf of bread, cut away the crust, set it in a platter, and a great rosemary bush in the midst of it: then lay your Snow with a spoon upon the rosemary & so serve it.

117 To make a Funket.

Take Ewes or Goats milk; if you have neither of these, then take Cows milk and put it over the fire to warm, then put in a litle runnet to it; then pour it out into a dish and let it cool, then strew on Cinnamon and sugar, then take some of your aforesaid cream, and lay on it, scrape on sugar and serve it.

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